11 Lazy Ways to Burn More Calories

+ Fresh Fitness Ideas for Spring!

Women's Health

KATE MARA

Her top style tips, plus how she sculpts those amazing abs

LEAN & SEXY

In 15 Minutes!

Flat Belly
Tight Butt
Slim Thighs

7 HOT BOD SECRETS

What to Eat to Drop a Size

GYM-PROOF YOUR HAIR

Great Blowout, Great Workout— No Compromises

Best. Sleep. Ever!

Get Some Tonight, p. 80

SPECIAL REPORT

Read This If You're Even Considering Kids



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Kate

MARA

Women's Health



"When I'm at home in L.A., I spend a lot of time just trying different workouts. Literally every day is something different. Because if you do the same thing every single day, typically your muscles don't continue to get stronger."

Get All of Kate's Exercise Tips, p. 166


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03/15

COVER STORIES

Eight major reasons you picked up the mag! What to read first? We have a few ideas.



READ ME FIRST IF... you've ever wanted to #Belfie yourself on Instagram.



166 KATE MARA
The sexy actress models spring's best fashion trends. Plus, the cardio behind Kate's amazingly ridic abs!

160 SPECIAL REPORT
"Designer" babies: medical miracle... or messing with fate?



74 LEAN & SEXY IN 15 MINUTES!
This speed routine tightens your rear—and everywhere else.

READ ME FIRST IF... you just *cannot* with another Zumba class.



152 FRESH FITNESS IDEAS FOR SPRING
Regular ol' 5-K? Bah. The latest competitions are much more fun.

67 7 HOT-BOD SECRETS
What to eat to drop a size, amp performance, kill it in general



116 11 LAZY WAYS TO BURN MORE CALORIES
Yes, it includes ordering Thai.



READ ME FIRST IF... your 'do is looking perf but you have a gym date tonight.



146 GYM-PROOF YOUR HAIR
Products and tips to maintain a blowout, no matter how drippy the workout



80 BEST. SLEEP. EVER!
Insomnia making you feel like a monster? Genius hacks for better z's.

On Our Cover **Kate Mara photographed by Ben Watts.** Fashion editor: Jacqueline Azria. Hair and makeup: Bruce Wayne. Manicure: Roseann Singleton for Dior Vernis/Art Department. Prop styling: Lizzie Lang/Apostrophe. For Kate's look, try Lancôme Nude Miracle Liquid-to-Powder Foundation, Lancôme Color Design Eye 5 Pan Eyeshadow Palette in Rosy Flush, Lancôme Le Crayon Khôl in Black Coffee, Lancôme Grandiôse Mascara in Noir Mirfique, Lancôme Blush Subtil in Shimmer Coral Kiss, and Lancôme Lip Lover in Rose Attrape-Couer.

CLOCKWISE FROM TOP RIGHT: BEN WATTS (MARA); HENNING ANGERER/PIXATHLON/SIPA/NEWSCOM; MATT RAINEY AND MITCH MANDEL/RODALE IMAGES (4); MEREDITH JENKS/TRUNK ARCHIVE; ERIC RAY DAVIDSON (GYM HAIR); MITCH MANDEL/RODALE IMAGES (2); JOHANNA PARKIN/2/OCEAN/CORBIS; MITCHELL FEINBERG; BETH BISCHOFF (3)



March 2015

"Isn't it liberating to think that what's coming between you and great abs isn't another set of crunches, but a kayak expedition?" p. 152

YOU, FITTER!
The secret? Exercise streaks. Seriously, experts can't stop raving. Deets on p. 158.

FITNESS

76
HOT-BOD WEAPON
Trainer Shaun T is a national treasure...for your arms, abs, and legs, that is. Sculpt lean muscle with his metabolism-spiking intervals.

HEALTH

84
THINK BEFORE YOU INK
Safety first! If you're considering a tattoo, you need to know this.

92
YOUR BODY ON...A ROM-COM
Go ahead, watch *Crazy Stupid Love* again and again—it's actually good for you. Plus, Ryan Gosling.

FOOD

97
SALAD. FOR BREAKFAST.
Toss things up and sneak your veggies in before sunrise.

104
HANGIN' TOUGH
With less sodium and gourmet flavors, jerky can now be a healthy snack. Chew on *that*.

108
TASTES BETTER TOGETHER: MISO + SWEET POTATO
Throw these flavors into a rice bowl, crab cakes, and dip. Yum!

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03/15



WANT SOMETHING MORE ORIGINAL FOR V-DAY? READ P. 130.

LOVE & SEX

121
AWKWARD TO AWESOME
Okay, so you farted...in bed. Loudly. With a smokin' dude. Here's how to turn eek moments—whether with a new BF or long-term guy—into bonding experiences.

130
LOVE IN BLOOM
"Happy wife, happy life": Science now proves it's legit. All you've gotta do is help him delight you.

136
5 JUICY QUESTIONS FOR...
Boyishly handsome Eddie Redmayne, the star of *Jupiter Ascending*

LIFE

138
IT'S A DIRTY JOB...
You can talk sh-t on networking, or you can talk your way to the top.

144
MAKE GOOD HABITS
Best-selling author Gretchen Rubin explains how tapping into key personality traits can transform your life.

WEIGHT LOSS

116
YOU LOSE, YOU WIN
One reader used online fitness videos and edamame to drop 110 pounds. Crib her tricks!

118
HOMEMADE UPGRADE
Far fewer cals, and just as cheesy: Eggplant parm gets a nutritious kick thanks to spinach and quinoa.

110
BIG FAT LIES
You've probably heard these diet tricks. PSA: They don't work.

FASHION

45
SCARF IT UP!
One accessory, endless possibilities. Your wardrobe just got way versatile.

48
REALLY RAD WORKOUT CLOTHES
The chicer the fitness gear, the higher the motivation. Are we right?

BEAUTY

52
REFRESH YOUR PALETTE
Spring's prettiest makeup kits offer so many looks for work, weekends, and fun nights out.



60
WHY YOUR PORES LOOK SO DAMN HUGE
Those annoying little buggers can seem like craters. Remedy that today!

64
BEAUTY INNOVATOR
Aesthetician Annet King on treating dark spots

OOH, PRETTY! Scarves are spring's go-to accessory. Insider tip: Blue ones flatter every skin tone.



In Every Issue

14 ADVISORS Indispensable expert tips
16 GET MORE *WH* Find out what's going on in the *Women's Health* universe!
20 ASK ANYTHING How many gummy vitamins are really too many, plus other need-to-know answers
27 SCOOP! Breakthroughs in health, sex, nutrition, and more
176 YOU: THE INSTANT EXPERT... on Airbnb

FROM LEFT: JAMIE CHUNG/TRUNK ARCHIVE; MARLEY KATE; TRAVIS RATHBONE/TRUNK ARCHIVE



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ANYTHING GOES



A FEW OF OUR MOST POPULAR ONLINE POSTS LATELY? I quote: "4 ways to get rid of butt acne" // "I was birth-shamed for wanting an epidural" // "Massaging this body part is guaranteed to help you poop" // "The true (and oddly fascinating) story of eyebrow transplants" // "8 things men think while going down on you."

'Tis true: sex stories, strange beauty treatments, and, yes, bodily functions resonate with our readers. Despite how unrelated these topics might seem, there's a theme: They could all be considered taboo. But not at *Women's Health*, and here's why: We're talking about the stuff you're thinking about, the stuff you've just gotta know about, the stuff you can't find *anywhere* else. (At least from a trusted source!)

That's one reason we're now launching each issue with "Ask Anything" (page 20). This month, there are Q&A's about overly touchy trainers, eating dirt for nutrients, and low libidos. We've moved all of our fabulous columnists—including nutritionist Keri Glassman, yoga guru Kathryn Budig, and sexual-health expert Jennifer Berman from *The Doctors*—into this section, but we've also added new faces to address other hot-button issues (finances and fertility, specifically).

"Ask Anything" isn't the only place where we delve into topics other magazines might not touch: On page 160, writer Gretchen Voss examines the controversial world of PGD, a cutting-edge fertility technology that allows couples with genetic concerns to weed out troubling genes before implanting a fetus. On the lighter side, if you can no longer deal with that tat you got in college—um, hi, Chinese symbol of the word *Extreme* on my ankle—or, on the flip side, you're desperate for a new one, we're here for ya too: See "Think Before You Ink" on page 84.

Are you #WHStrong? Join our online community at WomensHealthMag.com/WHStrong.

Point is, no matter the topic, *WH* is open for discussion. What do you wish we would write about? What burning questions do you need the answers to? Tweet me (handle below) or e-mail us at askanything@rodale.com. Because, really, nothing's off-limits here.



AMY KELLER LAIRD
Editor-in-Chief
@amykellerlaird @aklaird

This Month, WH Will Help You...

EXPAND YOUR IDEA OF BREAKFAST.

"Smoothies are an easy way to get your veggies in the a.m. But it never occurred to me until I read 'Salad. For Breakfast.' page 97, that greens and nuts don't have to be pulverized to be eaten for breakfast."

COPY CHIEF
MARLI HIGA

ROCK YOUR WORKOUT—AND SAVE YOUR BLOWOUT TOO.

"My superfine hair always fell flat during workouts. After reading 'Your Butt...or Your Blowout?' on page 146, I'm using spray gel first. Now I have nice volume in my hair before and after the gym."

PHOTO DIRECTOR
SARAH ROZEN

ACCESSORIZE LIKE A COOL GIRL.

"I always felt like an idiot when I tried to achieve that supposedly effortless artsy-hipster look. Then I edited 'Scarf It Up!' on page 45. Now I can finally tie one on with confidence."

DEPUTY EDITOR
CAMILLE CHATTERJEE

EXPLORE NEW FERTILITY OPTIONS.

"I was shocked when my son was diagnosed with profound hearing loss at 7 weeks old, and bewildered to discover there could be a genetic cause. The new fertility science on page 160 hit home as my husband and I weigh the risks for any future children."

FOOD AND NUTRITION EDITOR
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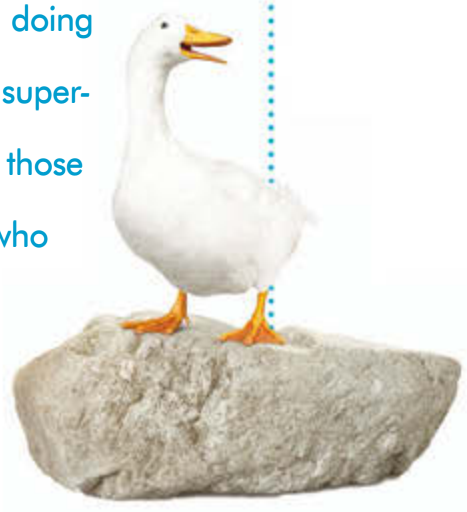
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*For most properly documented claims. Not available on the following: Short Term Disability (excluding Accident and Sickness Riders), Life, Vision, Dental, Medicare Supplement, Long Term Care/Home Health Care and Aflac Plus Rider. Individual Company Statistic, 2014.

1/15

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ONE CRUCIAL QUESTION, THREE EXPERT OPINIONS

Spring is still—ugh—six weeks away. How do you shake off the winter blahs?

THE EXERCISE SCIENTIST

"I bump up my daily intake of vitamin D_3 to at least 2,000 IU, plus I take a full teaspoon of high-grade fish oil. Both may help deter depression."



THE WELLNESS DOCTOR

"For energy, I spend a few minutes in a reclining open chest pose. Lie on your back, using a folded towel as a pillow. Roll another one and place it under your shoulder blades. Relax, and open your chest."



THE PSYCH PRO

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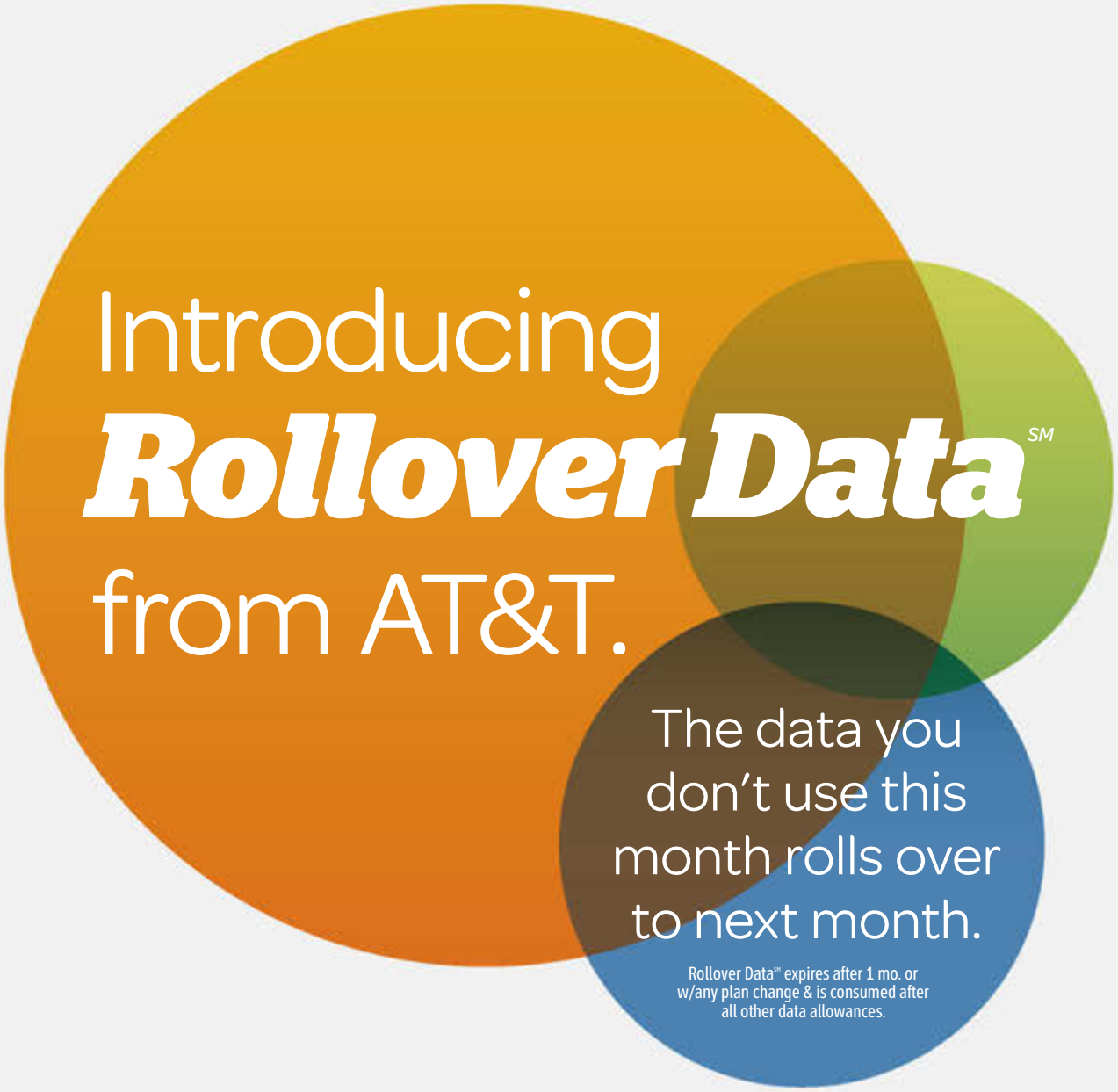
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CLOCKWISE FROM TOP LEFT: JENNIFER DURHAM/GETTY IMAGES (VITAMINS); PETER DAZELEY/GETTY IMAGES (HIKING BOOTS); SETH JOEL/GETTY IMAGES (TOWELS)

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Get More WH



She won a trip to NYC!

MEET OUR #POWERUPCHALLENGE WINNER!

Last July, we asked *WH* readers and subscribers to Birchbox—which sends tailored beauty-product samples to users each month—to snap photos of themselves conquering beauty and fitness challenges. The incentive? A shot at a trip for two to NYC. The winner, Stacey Bowen, from Daphne, Alabama, rocked electric-blue liner and nailed the perfect pushup (no knees!). So we pampered her (hairstyling, mani, the works) at the Birchbox store in Soho, let her shop VIP status at the Under Armour store, and put her through an awesome workout at FX Studios Under Armour NYC Performance Center with trainer Curtis Williams and *WH* beauty editor Jill Percia (both seen below). Congrats to Stacey and all of our participants!

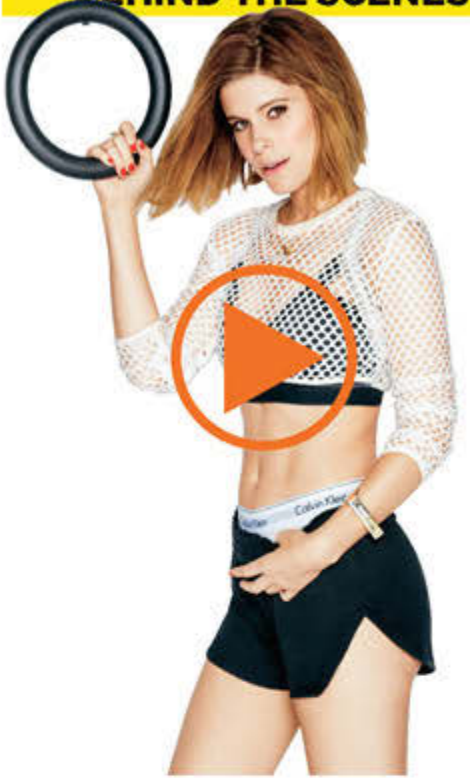




STACEY GETS BUFF WITH A LITTLE HELP FROM HER FRIENDS

"My best friend Sara and I had the time of our lives. We were treated like rock stars!"

BEHIND THE SCENES



KATE THE GREAT!

Watch Ms. Mara dish on her dream superpower and fave workout at Womens HealthMag.com/KateMara.



Weight-Loss Fuel

To celebrate National Nutrition Month, we're tweeting daily tips all March to keep you healthy—and full. Follow @WomensHealthMag on Twitter and look for the hashtag #WHFoodFacts.

WH IN YOUR LIVING ROOM



Sweat with our Next Fitness Star winner Emily Schromm, courtesy of her DVD, *Women's Health The Next Fitness Star Body Burn Series with Emily Schromm* ($28, TheNextFitnessStar.com).

CLOCKWISE FROM TOP RIGHT: BEN WATTS; DAVID MALAN/GETTY IMAGES; TERRY DOYLE; STACEY BOWEN; THOMAS MACDONALD AND MITCH MANDEL/RODALE IMAGES; STACEY BOWEN

philosophy: when you renew with hope, *wishes come true.*



*based on women who expressed an opinion in an 8-week self-assessment study with 52 participants

let us grant you *three skin wishes*

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day after day, **91% of women fell in love with the feel of their skin and would recommend renewed hope in a jar to a friend.*** here are the skin wishes they saw fulfilled:

1. **refined texture** with visibly smaller pores and fine lines virtually lifted away
2. soft, **dewy smoothness,** comforted by instant and all-day hydration
3. re-energized **healthy color and glow** that lasts up to 3x longer*

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1% **of all philosophy product sales supports community-based mental health efforts.**

hope&grace initiative

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And... Action!

So many reasons to get inspired right here.

What's in Maggie Q's Workout Bag?





Cop Maggie Q's style with this Adidas by Stella McCartney backpack ($150, adidas.com). See more at **WomensHealthMag.com/CelebWorkoutBag.**

The detective on the small screen (CBS's *Stalker*) and dystopian survivor on the big one (*Insurgent*) stays in fighting shape with yoga and cardio and keeps her gym loot streamlined and practical.

1

Harmless Harvest Coconut Water

"It's raw and loaded with nutrients." $5.29, at Whole Foods

2

Travel bottles, like Sephora's Carry On Airless Travel Set

"I can't shower at the gym and use the supplied beauty products—I need my own." $28, sephora.com



3

Nike Free 4.0 Flyknit sneakers

"Mine are the color of a tennis ball. I always know where they are." $120, nike.com



4

Bose QuietComfort 20 headphones

"If I'm going to be motivated, I need good bass." $300, bose.com



5

BlenderBottle Classic for post-workout smoothies

"It has a little ball in it so you don't get powder-bombed in the face while you drink." $10 for 28-oz bottle, blenderbottle.com



Street Style: Fitness Edition



JENN SERACUSE, 31

Pilates director at Flex Studios in NYC

"I used to wear black leggings," says the Pilates instructor and actress. "Then I started infusing personality into my workout clothes. Now printed pants and fun tops, like cropped muscle T-shirts, are my staples."

Go bold with your post-gym style. Score the pants (Lululemon Wunder Under Roll Down Pant, $102, lululemon.com), and get deets on the rest of Jenn's look at **WomensHealthMag.com/StreetStyle.** *Even better: Nominate a friend (or yourself!) by e-mailing* **WHFitnessStreetStyle@rodale.com.**

#WHStrong

Readers, you're friggin' all-stars! Keep posting those food and fitness triumphs by tagging your tweets and Instagrams #WHStrong.



"Inflatable 5k!! Woohoo! #WHStrong"
—@brianametz



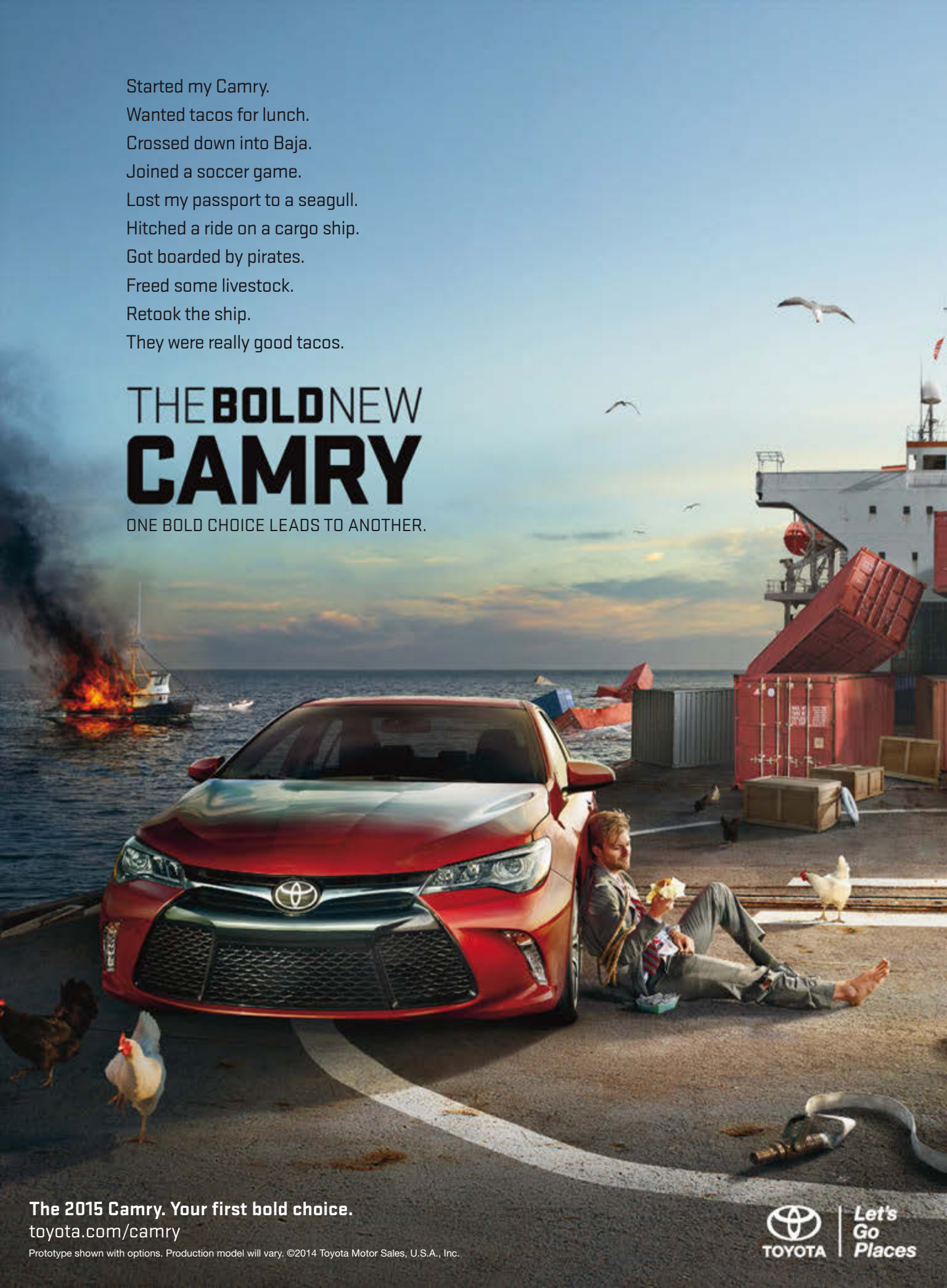
"Making veggie breakfast tacos. Sweet potato hash, spinach, leek, enoki mushrooms, and chives topped with a sunny side-up egg and corn tortilla (that I crisp on an open flame). #WHStrong"
—@privatepalate



"Monday morning #stopanddropyoga with my mini. #WHStrong"
—@fitjuicemama

C'mon, get social with us! **@WomensHealthMag**

JASON MCDONALD (MAGGIE Q); GYM BAG, FROM TOP: COURTESY OF ADIDAS BY STELLA MCCARTNEY; COURTESY OF HARMLESS HARVEST COCONUT WATER; COURTESY OF SEPHORA; COURTESY OF NIKE; COURTESY OF BOSE; COURTESY OF BLENDER BOTTLE; JAY SULLIVAN (SERACUSE)


Started my Camry.
Wanted tacos for lunch.
Crossed down into Baja.
Joined a soccer game.
Lost my passport to a seagull.
Hitched a ride on a cargo ship.
Got boarded by pirates.
Freed some livestock.
Retook the ship.
They were really good tacos.
THE BOLD NEW
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TOYOTA
Let's Go Places

Ask anything

NOTHING'S OFF-LIMITS. OUR PROS ANSWER ALL.



FITNESS

How do you handle an overly touchy yoga teacher?

—Lisa, Sacramento, CA

A Hands-on adjustments are actually quite common in yoga and, when given appropriately, can benefit practitioners at every level (by ensuring proper body alignment, safely allowing you to go deeper into a pose). That said, you know your body best. If you ever feel unsure or violated, ask the teacher to stop or even express that you'd prefer not to be adjusted at all. If you receive a defensive reaction, then this is not the teacher for you.



Kathryn Budig, *yoga instructor and author of* The Women's Health Big Book of Yoga. *Follow her at YogaGlo.com.*



Jennifer Berman, M.D., *urologist specializing in female urology and sexual medicine; cohost of* The Doctors

SEXUAL HEALTH

Is it common for a thirty-something to have a really low libido? Or should I be concerned?

—Andrea, Sorrento, ME

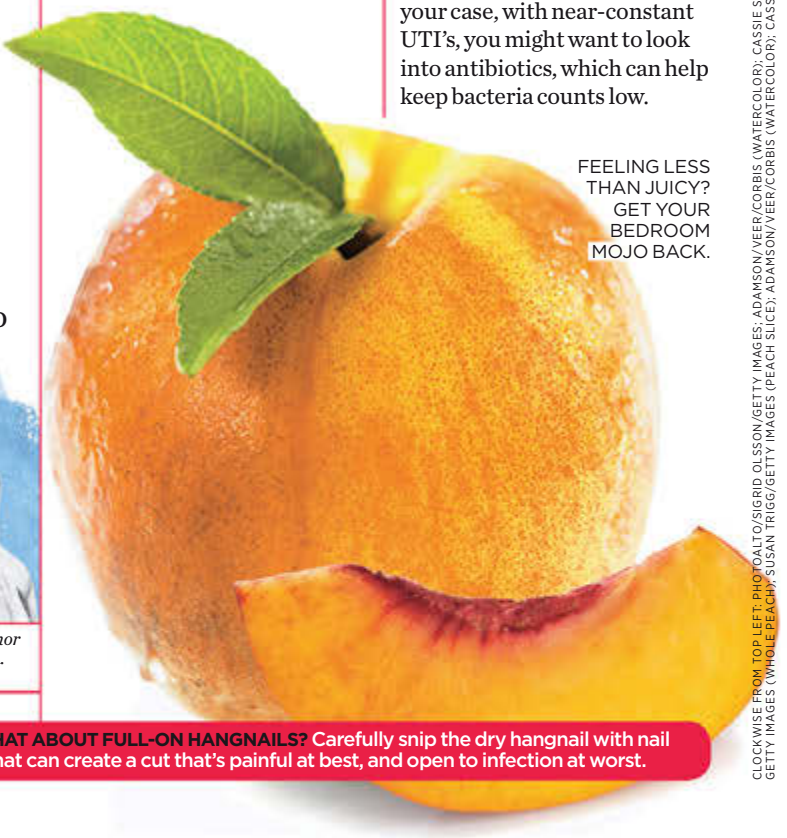
Define "really low." If you just don't want it as much as you did in your twenties, then yes, that's pretty common as life gets busier and more stressful. But if you never even *think* about sex anymore, talk to your doctor. Women in their mid- to late thirties and early forties, in particular, may be entering their perimenopausal years, which can lower sex drive. Still, you're not doomed to a life without nooky! Your M.D. can help you figure out what's triggering your lack of interest, and the best fix for it.

Tune in to *The Doctors* weekdays for more health and relationship advice. For listings, go to thedoctorstv.com.

I get UTI's pretty much all the time. How can I prevent them?

—Cara, Austin, TX

One of the simplest ways is to empty your bladder after sex. Urinary tract infections typically occur when bacteria from the perianal area ascend the urethra during intercourse and multiply in the bladder; urinating can flush it out. Drinking cranberry juice helps too. In your case, with near-constant UTI's, you might want to look into antibiotics, which can help keep bacteria counts low.



FEELING LESS THAN JUICY? GET YOUR BEDROOM MOJO BACK.

CLOCKWISE FROM TOP LEFT: PHOTOALTO/SIGRID OLSSON/GETTY IMAGES; ADAMSON/VEER/CORBIS (WATERCOLOR); CASSIE SKORAS (PHOTO ILLUSTRATION); COLIN ERRICSON/GETTY IMAGES (WHOLE PEACH); SUSAN TRIGG/GETTY IMAGES (PEACH SLICE); ADAMSON/VEER/CORBIS (WATERCOLOR); CASSIE SKORAS (PHOTO ILLUSTRATION)

I KNOW YOU AREN'T SUPPOSED TO CUT YOUR CUTICLES, BUT WHAT ABOUT FULL-ON HANGNAILS? Carefully snip the dry hangnail with nail clippers, but resist the temptation to remove too much skin. That can create a cut that's painful at best, and open to infection at worst.



see the cure in Curél®

Ask anything



Farnoosh Torabi, *personal finance expert, author of* When She Makes More, *and creator of SoMoneyPodcast.com.*

MONEY

Help—I can't stop ordering food from Seamless.com. My bank account is taking a hit. How can I wean myself?

—Jasmine, Philadelphia, PA

I, too, am a Seamless overdoser! Remove your credit-card information from the site. Most of us save it when we first create an account, which is one reason why the site's so addicting—you don't need to consider the payment for more than a second. But having to enter your info every time may prevent you from hitting "Order." You'll either feel too lazy to grab your wallet or be reminded that you really don't want to spend the $15 (plus tax and tip) on steamed dumplings (again). No need to stop visiting Seamless forever; try limiting yourself to two nights a week.

DON'T LET COLLEGE BASKETBALL KEEP YOU FROM SCORING.





Guy Next Door *Clint Carter*

VS

Girl Down the Hall *Faye Brennan*



Clint is a senior associate editor at Men's Health; *Faye is* WH's *senior associate editor. Here, they Gchat their way to solving your relationship probs.*

Every March, I choose basketball over sex at night, and my boyfriend's not happy. Can't he stick to solo sessions for just one month?

Samantha, Portland, OR

GUY NEXT DOOR
Wait...you can't find five minutes—I mean 15 minutes—for sex? Nothing important happens during the first half of the game anyway!

GIRL DOWN THE HALL
Right, and didn't the sex gods invent DVR for this exact reason? Also, *hello*, don't you want to get some?!

GUY NEXT DOOR
Those dudes out there on the court—they're team players, right? Well, sometimes you have to be a team player.

GIRL DOWN THE HALL
Exactly. You should work with him to make a compromise. How about sex pre- or post-game, or early the next morning?

GUY NEXT DOOR
Or have fun with the time constraints. Think of it as an opportunity to break out of your routine, maybe plan some quickies (buzzer-beater sex, perhaps?). Because otherwise, you're going to give him the impression that you're just not that interested.

GIRL DOWN THE HALL
Yeah, I think the real definition of March Madness is putting off sex for an entire month.

BOTTOM LINE: The Guy and Girl agree. Twist those sheets, ladies!

I KEEP READING ABOUT CELEBRITIES WHO EAT CLAY FOR ITS MINERALS AND DETOXIFYING PROPERTIES. UH, IS IT REALLY OKAY TO EAT DIRT? Experts say it could upset your digestive functioning. You'll get the same (or better) results by eating lots of veggies.

FROM TOP LEFT: ADAMSON/VEER/CORBIS (WATERCOLOR); CASSIE SKORAS (PHOTO ILLUSTRATION); THANASSIS KRIKIS/FOLIO-ID.COM/POSED BY MODEL (WOMAN WITH BASKETBALL); NO CREDIT (CARTER AND BRENNAN)

CHECK OUT CODY'S FILM AT
THEISOPURECOMPANY.COM/BEHINDTHEMUSCLE
AVAILABLE AT GNC, VITAMIN SHOPPE



Ask anything

39

PERCENTAGE OF YOU WHO SKIP PHYSICALS TO AVOID HEARING A SCARY DIAGNOSIS



Keri Petersen, M.D., *internal medicine, Lenox Hill Hospital, New York City*

HEALTH

My friend gets an EKG with her physical. Should I?

—Marla, Kansas City, MO

If your friend has experienced symptoms such as heart palpitations or tightness, or has a family history of heart disease, then an EKG makes sense. Have you? If not, it's probably safe to skip the test.



Keri Glassman, R.D., *founder of NutritiousLife.com and author of* The New You (and Improved!) Diet

FOOD

I love those vitamin and fiber gummies. Is there such a thing as too many?

—Christina, Miami, FL

Sadly, yes. (I know...they're so good.) There is an established "upper tolerable intake level," or UL, for many nutrients, and staying below it ensures you won't run into vitamin toxicity, which can spur nausea, vomiting, and kidney problems. For some gummies, eight would put you above the vitamin A ceiling. Though there's no established UL for fiber, it's best to use these as a supplement to the fiber in food, rather than a replacement—especially because the form of fiber in gummies is usually inulin, which in excess can cause stomach troubles.



Sheeva Talebian, M.D., *reproductive endocrinologist and fertility specialist at Reproductive Medicine Associates of New York*

FERTILITY

I'm working 12-hour days back-to-back. Can that keep me from rolling out an egg?

—Lara, New York City

Burning the candle at both ends causes stress, which can disrupt the hormone signals that initiate ovulation. The result: You may ovulate later than usual—or not at all, which can delay or make you flat-out miss your period. If you can't cut back at work, try your best to sleep seven hours each night, eat a balanced diet (including a prenatal vitamin), and get 30 to 45 minutes of moderately intense exercise three times a week (which can provide a boost of energy to help you get through the long days). If you work crazy hours and still eat well and sleep enough, you should ovulate.

WE'RE SERIOUS: ASK US ANYTHING! Send your questions to askanything@rodale.com or Tweet them to @womenshealthmag with the hashtag #AskWH.

Q & A

Is it okay to kill a bottle of wine by yourself? Asking for a friend.

It's the *only* way to kill a bottle! You can act like a fool without judgment and finally master twerking in the privacy of your own home. Just turn your phone off so you don't text any family members or sext ex-boyfriends. Oh, and this "friend"? Give her my info because she sounds fun and I would *love* to hang out with her! :-)



Whitney Cummings, comedian, writer, cocreator of 2 Broke Girls

MARCH. TOO EARLY FOR BARE LEGS? Never—that's how some of us roll all year long!

CLOCKWISE FROM TOP RIGHT: BLACKRED/GETTY IMAGES (EGGS); ADAMSON/VEER/CORBIS (WATERCOLOR); CASSIE SKORAS (PHOTO ILLUSTRATION); COURTESY OF NBC (CUMMINGS); AKININA ELENA/VEER/CORBIS (MULTICOLOR WATERCOLOR); CASSIE SKORAS (PHOTO ILLUSTRATION); ADAMSON/VEER/CORBIS (PINK WATERCOLOR); CASSIE SKORAS (PHOTO ILLUSTRATION)

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Reach out to others.
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The Latest News in Health, Sex, Nutrition, Beauty, and Fitness

SCOOP!



SHORT AND SWEET

Lower your height requirement on Match.com and you may just land your forever mate. Researchers found that fellas 5'7" and under divorce 32 percent less frequently than their taller counterparts. Shorter men have to work harder to overcome the stigma of not measuring up as partners, says study author Abigail Weitzman, a Ph.D. candidate at New York University. In other words, it may take a short guy longer to woo you, but during that crucial courting stage, you're actually getting to know each other better and forming a stronger bond—key for a happy, lasting union.

STYLING: ANGELA CAMPOS/STOCKLAND MARTEL

PHOTOGRAPH BY YASU + JUNKO

SUGAR CRASH

Your buds Ben and Jerry might soothe your blues—but not for the reasons you think, says research. After watching a sad movie, people ate either a sweet comfort food, a granola bar, or nothing at all. Surprisingly, everyone felt better just three minutes later. So while scarfing cookies 'n' cream may *seem* to erase bad feelings, it may just be the healing power of time, says study author Traci Mann, Ph.D., of the University of Minnesota. Read: The few minutes it takes to down a few scoops is enough to distance you from your crummy mood. Next time you're glum, try calling a pal or taking a walk.



HEALTHY PICKS MAY ALSO HELP MELT AWAY THE SADS.

TRACK STARS

Keeping a diary of your eating habits is good on paper, but you'll have even better success if you go digital. In a recent study, people who used an app to log dietary data entered significantly more days than those who had hard copies. That consistency is key, as the more you record, the more likely you are to see results, says study author Christopher Wharton, Ph.D., of Arizona State University. Not only are apps convenient, but they can provide real-time feedback. Try Lose It!, Noom Coach, or My Diet Diary.

78

HOW MANY FEWER CALORIES THE AVERAGE PERSON CONSUMES PER DAY SINCE 2007. THAT DECREASE IS DUE, IN PART, TO A PLEDGE BY 16 OF THE NATION'S LEADING MANUFACTURERS OF PACKAGED FOODS AND BEVERAGES TO SELL 1 TRILLION FEWER CALORIES IN THE U.S. BY 2012. HOW'D THEY DO IT? A MIX OF SMALLER PORTIONS, REFORMULATING PRODUCTS TO CONTAIN FEWER CALORIES, AND CREATING MORE LOWER-CAL OPTIONS.

Source: Healthy Weight Commitment Foundation

NOSHING UNDER THE INFLUENCE

Dinner party...or dinner pig-out? Compared with those who ate solo, people scarfed down about 35 percent more food when eating with another person and up to 96 percent more when eating with a group of at least seven. One reason why: You're apt to linger at the table longer when dining with others, which encourages you to shovel in extra grub, according to Brian Wansink, Ph.D., author of *Slim By Design*. His strategies to help you curtail calories at your next group outing:

1/ BE THE FIRST TO ORDER.
You're less likely to be swayed by others' choices.

2/ BUT START CHOWING LAST.
If you finish while others are still eating, you may be inclined to help yourself to seconds.

3/ PACE YOURSELF WITH THE SLOWEST EATER AT THE TABLE.
We tend to keep up with the fastest. Taking it easy gives your brain time to get the "hey, I'm full!" signal from your belly.



FROM TOP: PLAMEN PETKOV; DAVID BURTON/TRUNK ARCHIVE

SKECHERS
PERFORMANCE
DIVISION



Skechers GOwalk, built from the top to the bottom with lightweight and flexible materials that allow your foot to flex and move naturally. It's the perfect walking shoe.

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GOwalk

54

PERCENTAGE BY WHICH YOU REDUCE YOUR STROKE RISK IF YOU EAT A GOOD DIET, DON'T SMOKE, CONSUME ALCOHOL IN MODERATION, GET AT LEAST 40 MINUTES OF PHYSICAL ACTIVITY PER DAY, AND—WHEW!—MAINTAIN A BMI BELOW 25. Source: *Neurology*

A Breath of Fresh Air

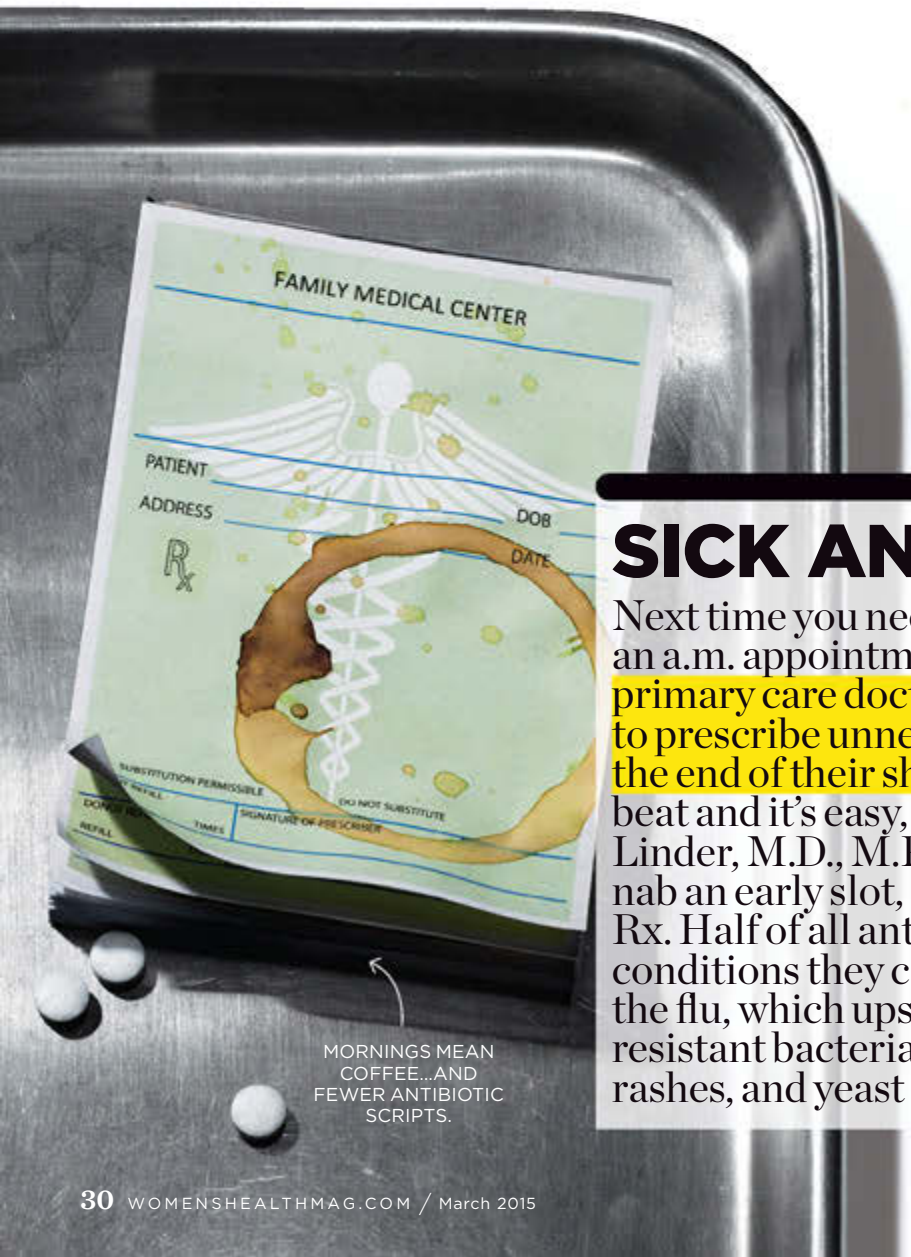
Wildfires, hurricanes, droughts—the climate's a mess, but there is some good news: Air quality across America has improved, according to the U.S. Environmental Protection Agency. Levels of harmful substances such as mercury, benzene, and lead—which can aggravate asthma and even contribute to cancer—have dropped in the past 25 years, thanks to government regulations aimed at curbing pollution.

Three simple things you can do to make the air even cleaner:

Use low- or no-VOC paints. Making this swap can reduce the release of nasty chemicals such as formaldehyde, a possible carcinogen.

Turn off your car when parked. Idling, even for just a few minutes, emits carbon monoxide, nitrogen oxide, and other pollutants that contribute to ground-level ozone.

Switch power-hungry devices like digital cameras to rechargeable batteries, which have up to 30 times less impact on ozone pollution than disposables do.



MORNINGS MEAN COFFEE...AND FEWER ANTIBIOTIC SCRIPTS.

TWITTER ME THIS



"Do you know that a dog looking you in the eye releases love chemicals in your brain? #lovemylab #hearditon60minutes" —actress Reese Witherspoon; @RWitherspoon

Explained: Researchers in Japan found that your dog's gaze can increase your levels of oxytocin, the bonding hormone. No staring contest required—just five minutes of interacting with your pup can work.

SICK AND TIRED

Next time you need to see your M.D., book an a.m. appointment. New research shows primary care doctors are 26 percent likelier to prescribe unnecessary antibiotics near the end of their shift. Why? Because they're beat and it's easy, says study author Jeffrey Linder, M.D., M.P.H. Whether or not you nab an early slot, ask if you really need that Rx. Half of all antibiotics are prescribed for conditions they can't treat, like colds and the flu, which ups your risk for antibiotic-resistant bacteria and can lead to diarrhea, rashes, and yeast infections.

CLOCKWISE FROM TOP RIGHT: DAVID MALAN/GETTY IMAGES; BARRY KING/GETTY IMAGES; YASU + JUNKO, PROP STYLING: ANGELA CAMPOS/STOCKLAND MARTEL

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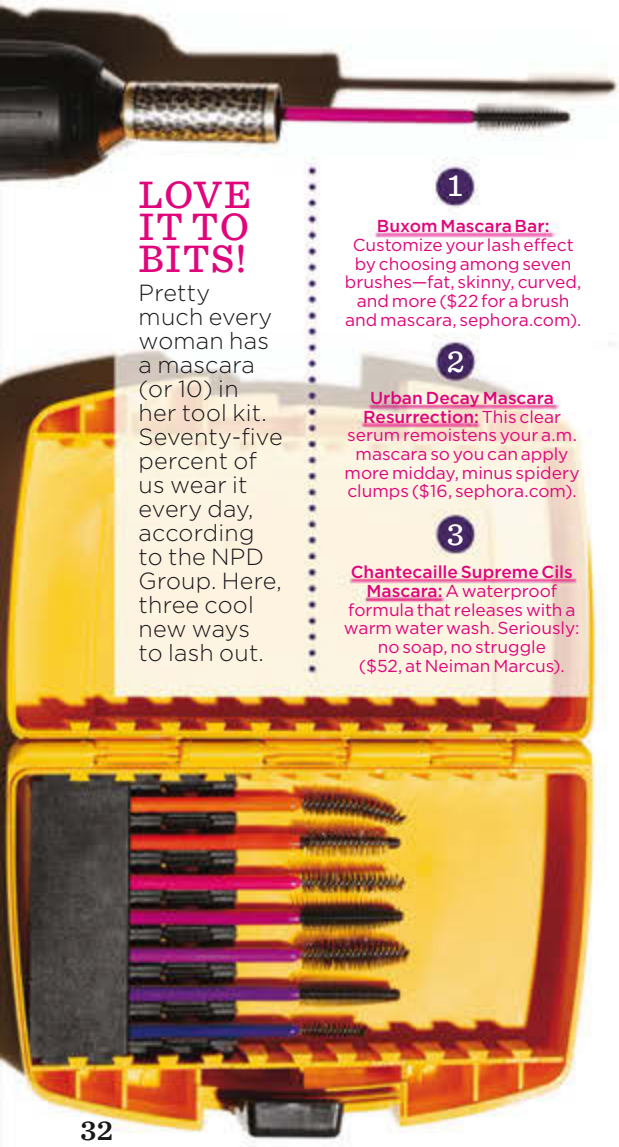
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AUTO CORRECT

So this is shady: While the average car windshield has an SPF of about 50, most side windows clock in at just around SPF 16, according to Debra Levy, president of the Auto Glass Safety Council. No wonder that the majority of all skin cancer cases occur on the left side of the body. As always, SPF 30 is a must (use an extra layer on your left if you're driving; right, if you're shotgun), says Steven Wang, M.D., director of dermatologic surgery at Memorial Sloan-Kettering Cancer Center in Basking Ridge, New Jersey. For more protection, consider UV-blocking film. Llumar shields you from 99 percent of UVA and UVB rays, carries the Skin Cancer Foundation Seal of Recommendation, and comes in clear or tinted (prices range from $200 to $500; find a dealer at llumar.com).



Don't let sun damage be your road-trip souvenir.



LOVE IT TO BITS!

Pretty much every woman has a mascara (or 10) in her tool kit. Seventy-five percent of us wear it every day, according to the NPD Group. Here, three cool new ways to lash out.

1. **Buxom Mascara Bar:** Customize your lash effect by choosing among seven brushes—fat, skinny, curved, and more ($22 for a brush and mascara, sephora.com).
2. **Urban Decay Mascara Resurrection:** This clear serum remoistens your a.m. mascara so you can apply more midday, minus spidery clumps ($16, sephora.com).
3. **Chantecaille Supreme Cils Mascara:** A waterproof formula that releases with a warm water wash. Seriously: no soap, no struggle ($52, at Neiman Marcus).

Touch and Go

Scented body washes smell great...but they barely outlast your shower. Caress fixes that with its Forever Collection, touch-activated formulas that release a rose-based scent every time your skin is stroked (by you or someone else); the fragrance lasts up to 12 hours. Whether you choose berryish Love Forever or amber-rich Adore Forever ($4 each, at drugstores), you'll be smitten.

five

THE MAXIMUM NUMBER OF MINUTES YOU SHOULD LEAVE CONDITIONER ON YOUR HAIR—EVEN IF YOUR STRANDS ARE DRY AND DAMAGED. (IF YOU HAVE HEALTHY, UNPROCESSED HAIR, A MINUTE SHOULD DO THE TRICK.) LET IT MARINATE LONGER AND YOU'RE LOOKING AT THE POSSIBILITY OF LIMPNESS AND AN EXTENDED BLOW-DRY TIME, SAYS HAIRSTYLIST MARIO RUSSO, OWNER OF SALON MARIO RUSSO IN BOSTON. "THE CONDITIONER CAN PREVENT AIR FROM PENETRATING AND DRYING THE FOLLICLE."

CLOCKWISE FROM LEFT: VICTOR PRADO, PROP STYLING; ARIANA SALVATO/APOSTROPHE; YASU + JUNKO, PROP STYLING; ANGELA CAMPOS/STOCKLAND MARTEL

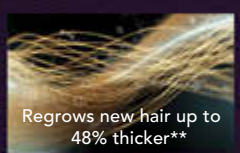
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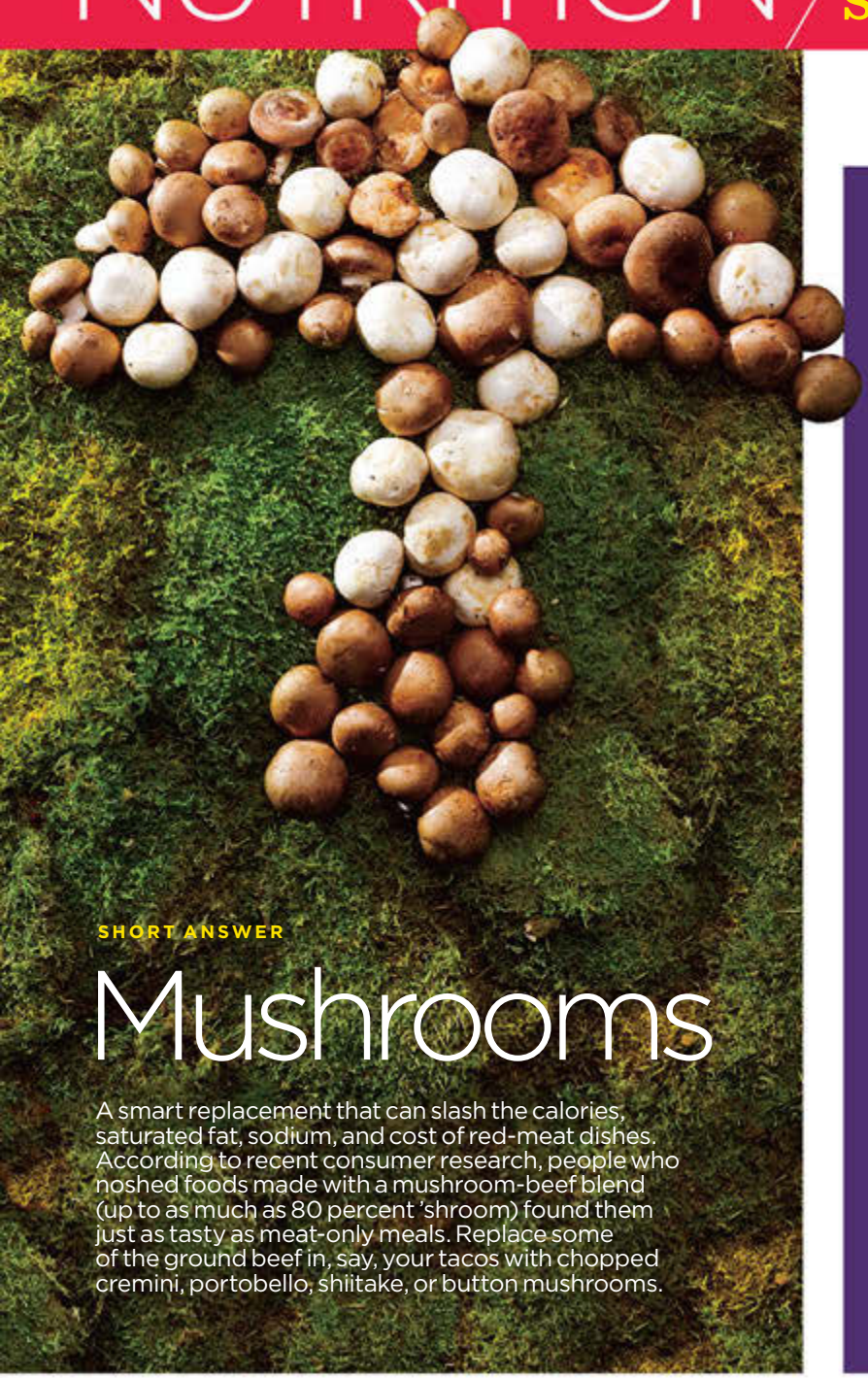


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SHORT ANSWER

Mushrooms

A smart replacement that can slash the calories, saturated fat, sodium, and cost of red-meat dishes. According to recent consumer research, people who noshed foods made with a mushroom-beef blend (up to as much as 80 percent 'shroom) found them just as tasty as meat-only meals. Replace some of the ground beef in, say, your tacos with chopped cremini, portobello, shiitake, or button mushrooms.

Reason #2,469 to Eat Fish

The ocean is calling... Can you hear it? Women who consume two or more servings of fish per week may be 20 percent less likely to develop age-related hearing loss, reports the *American Journal of Clinical Nutrition*. A regular dose of the omega-3 fats found in fillets may help maintain adequate blood flow to the ear, which protects against damage, says study author Sharon Curhan, M.D., an epidemiologist at Harvard and Brigham and Women's Hospital. Salmon, sardines, cod, tuna, and halibut are all 0-3 rich.

A FAIR TRADE

The easiest way to get over a breakup is to find a drool-worthy rebound. That tactic might also work for food, according to a study in the *Journal of Consumer Research*. People were able to move on from their go-to treat when they ate a similar-tasting (but healthier) one. Because you're enjoying a comparable flavor, you don't feel deprived, says Rebecca Scritchfield, R.D., founder of Capitol Nutrition Group in Washington, D.C. Here, she shares some of her favorite stand-ins for common cravings:

Sorbet or fruity ice cream
Frozen grapes, mango, or banana

Chocolate candy bars
Dates stuffed with creamy peanut butter and chocolate chips

Pretzels or potato chips
Veggie chips or roasted chickpeas

French fries
Baked zucchini fries



CLOCKWISE FROM TOP LEFT: TRAVIS RATHBONE, FOOD STYLING: JAMIE KIMM, PROP STYLING: MARINA MALCHIN; DAVE KING/GETTY IMAGES

eighty-four

PERCENTAGE OF PRODUCTS EXAMINED BY RESEARCHERS THAT WERE MARKED "TRANS-FAT FREE" BUT ACTUALLY CONTAINED THE CHOLESTEROL-RAISING SUBSTANCE. ACCORDING TO REGULATIONS FROM THE U.S. FOOD AND DRUG ADMINISTRATION, ANY FOOD WITH LESS THAN 0.5 GRAMS CAN BE LABELED AS CONTAINING 0 GRAMS. BUT NOMINAL AMOUNTS ADD UP FAST. THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT LESS THAN 1 PERCENT OF YOUR DAILY CALORIES COME FROM TRANS FATS (THAT'S A MEAGER TWO GRAMS IN A 2,000-CALORIE DIET). YOUR BEST BET: AVOID ANYTHING WITH "PARTIALLY HYDROGENATED" ON THE INGREDIENTS LIST.

Source: Centers for Disease Control and Prevention


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thirty-nine



PERCENTAGE OF PEOPLE WHO SAY THEY FANTASIZE ABOUT BEING WATCHED WHILE KNOCKING BOOTS. NOT READY TO PUT YOURSELF TOTALLY OUT THERE? TRY SEX WITH THE BLINDS UP OR UNDER THE BLANKETS IN YOUR BACKYARD, SAYS SEX THERAPIST GLORIA BRAME, PH.D., AUTHOR OF *SEX FOR GROWN-UPS*.

Source: Meetville.com survey

BURNING RUBBER

The *only* legit excuse for not wanting to use a condom: About 3 million Americans (men and women) are allergic to latex, a feeling akin to—yee-ouch!—having poison ivy in your crotch (think itching and swelling within minutes of getting busy). Your solution: protection made from polyisoprene, a synthetic rubber that's free of latex allergens, says Michael Zacharisen, M.D., an allergist and immunologist at Family Allergy & Asthma Care of Montana. Plus, it's cheaper than lambskin. Try the new LifeStyles SKYN condoms ($5.60, at drugstores).

Picture Perfect



"Hey babe, what are you wearing?" Get enough texts like that, and you're bound to throw the proverbial dog a bone. According to a survey by adult-product retailer AdamAndEve.com, 38 percent of women cop to sending a naked selfie. "Men are more likely to request sexy photos because they're more visually wired," says clinical psychologist Wendy Walsh, Ph.D., author of *The 30-Day Love Detox*. Good for them, but if you're worried that your boobs might go viral, here's an idea: Send along a suggestive peach or eggplant emoji instead.

Porn-O-Rama

XX or XY, we all love a bit of XXX. Adult-video purveyor PornHub.com examined its users' viewing habits and found the gender divide is in full effect. Just not in ways you might expect:

Women's Favorite "Porn Star"

KIM KARDASHIAN. While ladies love Kim's infamous sex tape, men opt for a slightly older curvy brunette: Lisa Ann, a huge draw on the MILF circuit.

The Sex Scenario That's More Popular for Women

"**THREESOME**" was one of the top search terms on women's lists, but it didn't even make it into men's top 20! So much for the cliché that fellas prefer two to one.

Categories That Women Watch More Than Men Do

"LESBIAN": 132 percent more. **"GAY MALE":** It's the second most-searched subject for women. It ranks only seventh for men. **"ROUGH SEX":** 90 percent more.

The Foreplay Women Want to See

Videos depicting **ORAL SEX** performed on a woman are searched for 900 percent more often by women than by men. Le sigh.

FROM TOP: ROBERT WHITMAN/THELICENSINGPROJECT.COM; JEFF MINTON/GALLERY STOCK

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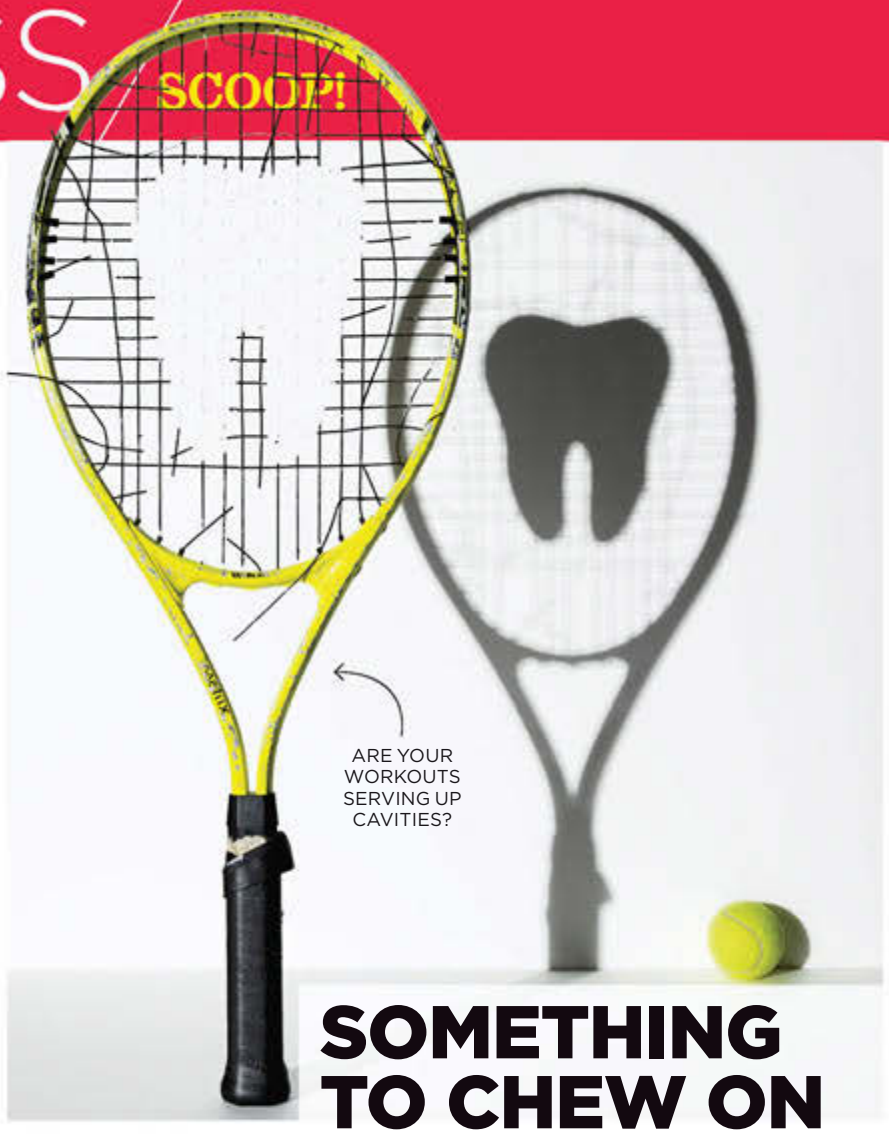
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Exercise Therapy

A kick-ass sweat session can chill you out after a bad day—and not just because it triggers feel-good endorphins. A *Medicine & Science in Sports & Exercise* study found that the soothing effect may be tied to the confidence regular exercise provides. Feeling unhappy about your appearance creates anxiety, says study author Rodney K. Dishman, Ph.D. Shaping up can improve your body image and, as a result, curb stress. Aim for at least 150 minutes of moderate to vigorous physical activity per week, especially muscle-building and aerobic activities, says Dishman.



SCOOP!



ARE YOUR WORKOUTS SERVING UP CAVITIES?

SOMETHING TO CHEW ON

Torching calories on the court could send you to the dentist's chair: Athletes are more likely to have dental erosion and cavities than nonexercisers. That's because intense sweating decreases saliva production, which is crucial for flushing away debris and neutralizing damaging acids, says Joseph Banker, D.M.D. Keep your mouth moist by sipping about six ounces of water every 15 minutes of your workout.

Upper Hand

Mess up your wrists in boot camp and you'll feel it—all over. Poor alignment or overuse of the joint can lead to tendinitis or other wrist injuries, which could cause upper-body pain, says Harrison Youmans, M.D., a sports medicine specialist for Orlando Health. The best wrist position for common exercises:

1 **Pushups**
With your hands slightly more than shoulder-width apart, place your wrists directly under your shoulders to help minimize strain or discomfort.

2 **Biceps Curls**
Keep your hands in line with your wrists as you move the weight up and down, treating the forearm and hand as one unit (not curling the wrist at the top).

3 **Barbell Bench Presses**
Fully grasp the bar with each hand, using all 10 fingers. Letting the bar rest on the palm without the support of the finger grasp can strain the wrist.

sixty-one



PERCENTAGE OF FEMALE EXECUTIVES WHO SAY THAT A BACKGROUND IN SPORTS POSITIVELY INFLUENCES THEIR HIRING DECISIONS. WHY? THE DISCIPLINE REQUIRED FOR THAT WEEKEND BOXING CLASS CAN CARRY OVER INTO THE WORKPLACE, SAYS CAREER COACH DEBORAH BROWN-VOLKMAN. TIME TO UPDATE YOUR RÉSUMÉ!

Source: EY Women Athletes Business Network and espnW report

CLOCKWISE FROM TOP RIGHT: YASU + JUNKO, PROP STYLING; ANGELA CAMPOS/STOCKLAND MARTEL; VIVISUART/GETTY IMAGES; ARTHUR BELEBEAU/TRUNK ARCHIVE


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Theodora & Callum, $165, theodoraandcallum.com

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Cynthia Vincent, $145, cynthiavincent.net

HAIR: MATT FUGATE USING MINERAL SPRAY BY SALLY HERSHBERGER AT ATELIER MANAGEMENT. MAKEUP: KEIKO TAKAGI USING DIOR SHOW ART DEPARTMENT'S MANICURES BY YUKI MAKISHI/ RONA REPRESENTS. NEXT PAGE, PROP STYLING: MICHELE FARO/ART DEPARTMENT

PHOTOGRAPH BY MARLEY KATE



How to tie one on: First, fold the scarf lengthwise a couple of times, then wrap it loosely around your neck once or twice (or thrice if you're petite). And just like that, you're warm *and* cool.

1/ American Eagle Outfitters, $25, ae.com

2/ Julie Vos, $165, julievos.com

3/ Tommy Bahama, $48, tommybahama.com

4/ Theodora & Callum, $175, theodoraandcallum.com

5/ Tommy Hilfiger, $59, tommy.com

6/ Pas de Calais, $230, 212-938-1973

7/ A Peace Treaty, $198, thetannery.com

8/ We Are Owls, $196, weareowls.com

9/ Aish, $198, shoplatitude.com

10/ Echo Design, $128, echodesign.com

PHOTOGRAPH BY KENJI TOMA


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Really Rad Workout Clothes

We've rounded up the latest must-have gear, whether you want to show some skin or keep things under wraps.

1



2



3





MAXIMUM COVERAGE

Bagginess is thine enemy! Make like Ashley Greene and keep at least one piece of your outfit tailored (note her pants). To really define your body, look for racer stripes or whiskering.

1 C9 Champion sports bra, $17, target.com; Skechers sneaker; City Streets tee, $26, jcpenney.com; Vimmia pants, $122, vimmia.com; Happy Plugs earbuds 2 Pheel pants, $94, pheel.com; Tek Gear jacket, $44, kohls.com; Saucony sneaker; Reebok watch 3 Nike leggings, $150, net-a-porter.com; Reebok top, $40, ladyfootlocker.com; Victoria's Secret Sport sports bra, $52.50, victoriassecret.com; MZ Wallace bag; Brooks sneaker

THOMAS MACDONALD AND MITCH MANDEL/RODALE IMAGES (STILLS). PROP STYLING: ANNIE EDWARDS; RCF/INFPHOTO.COM (GREENE)

For complete shopping information, see Where to Buy on page 174.

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MEDIUM COVERAGE

Alessandra Ambrosio knows what's up: Never reveal too much of any one body part, and always play with scale, prints, and color.



1 Fila Sport jacket, $55, kohls.com; Garmin tracker; GapFit tank, $30, gap.com; Lands' End shorts, $35, landsend.com; Ryka sneaker 2 Nualime bra, $54, nualime.com; Live Love Dream tank, $15, lld.com; Old Navy capris, $26.94, oldnavy.com; Eddie Bauer sneaker 3 Pheel top $74, pheel.com; Bobble bottle; Asics capris, $60, asicsamerica.com; Lacoste hat; Brooks sneaker

MINIMAL COVERAGE

As Ashley Tisdale proves, color-blocking is the key to keeping a skimpy outfit chic.



1 Calia by Carrie Underwood sports bra, $35, caliastudio.com; Out Incorporated shorts, $115, outincorporated.com; Ray-Ban sunglasses; Reebok sneaker 2 Vimmia shorts, $89, carbon38.com; Puma sneaker; Athleta sports bra, $49, athleta.com; Alternative top, $32, alternativeapparel.com 3 Fabletics shorts, $30, fabletics.com; New Balance vest, $135, newbalance.com; Natori sports bra, $68, natori.com; Fitbit; Adidas Outdoor sneaker

HGB/X170NLINE.COM (AMBROSIO); NATHANIEL JONES/PACIFICCOASTNEWS.COM (TISDALE)


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landsend.com/getactive

Refresh Your Palette

Three spring makeup kits. Three top pros. Nine gorgeous looks—and that's just the beginning! These pretty ideas for work, nights, and weekends come (almost) exclusively from a single purchase. *By Jill Percia*



COLORS FOR EVERYONE!

We've taken the confusion out of finding the best look for you by utilizing neutral shades and bold colors—yep, even green eye shadow—that flatter porcelain pale, dark cocoa, and every skin tone in between.

PROP STYLING: AMY WILSON, STYLING: VICTORIA GRANOF/CA1-CA2

PHOTOGRAPH BY PENNY DE LOS SANTOS

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E.L.F.

STUDIO 22 PIECE MINI ON THE GO PALETTE ($10, EYESLIPSFACE.COM)





Promo-worthy Pink

"On its own, pink is tricky. So I mixed it with copper for a soft rose gold, which makes you look more awake," says Mann.

1/ Dust the matte pink eye shadow (**E**) onto your lids from lash lines to creases, then top it with the pale copper (**B**). The shimmer brightens your eyes.

2/ Dust the golden-peach blush (**L**) onto your apples, blending upward toward your temples.

3/ Brush the black mascara onto top and bottom lashes.

4/ Apply the rosy lip color (**F**) .

What else you need:

**Dark-brown eyeliner (upper lash lines)*



Plum Rewards

"Dark lips are a sexy and unexpected addition to smoky eyes. And I love using lipstick on the cheeks to mimic the glowy effect of a cream blush," says makeup artist Joseph Carrillo.

1/ Brush the vanilla shimmer shadow (**D**) all over your lids from lash lines to creases.

2/ Work the iridescent plum (**A**) into your creases, blending well.

3/ Brush the kit's black mascara onto top and bottom lashes.

4/ Dip your finger into the rosy lipstick (**F**), then dab it onto your apples.

5/ Layer on a few coats of the dark-plum lipstick (**G**) with a lip brush.

What else you need:

**Black eye pencil (upper lash lines, slightly winged out)*

Green Party

Rimming the eyes is a more modern way to show off a minty-green hue. Plus, says makeup artist Kindra Mann, "for the weekend, it gives a subtle perk when you don't want to wear too much makeup."

1/ Apply the vanilla shimmer shadow (**D**) right under your brows.

2/ Brush the pale green (**C**) onto your inner and outer corners and creases. Then use an eyeliner brush to drag it along your lower lashes.

3/ Coat top and bottom lashes with the mascara.



4/ Lightly dust the coral blush (**L**) onto cheekbones, jawline, and the center of your eyelids. "It warms up the entire face," says Mann. If you have a fair complexion, use the peach blush (**J**) instead.

5/ Apply the rose shimmer blush (**K**) to your apples.

6/ Finish with sheer candy pink on your lips (dip your finger into **H** and **I**, then dab on the combo).

MEET OUR MAKEUP ARTISTS

JOSEPH CARRILLO
Smoky-eye aficionado. Fashion-obsessed. Hilarious (proof: his Instagram captions).

DANIELLE DECKER
Matte-pink-lip enthusiast. Bold-brow fanatic. True Cali girl.

KINDRA MANN
Faux-glow giver. Pumpkin-spice lover. Fan of all things glam.

HAIR: NATASHA LIEBEL/ARTISTS BY TIMOTHY PRIANO, MAKEUP: KEIKO TAKAGI/ART DEPARTMENT, MANICURE: YUKI MAKISHI/RONA REPRESENTS; MITCH MANDEL AND THOMAS MACDONALD/RODALE IMAGES (POWDERS); CLAIRE BENOIST (CREAM)

PHOTOGRAPHS BY ALEXANDRE WEINBERGER

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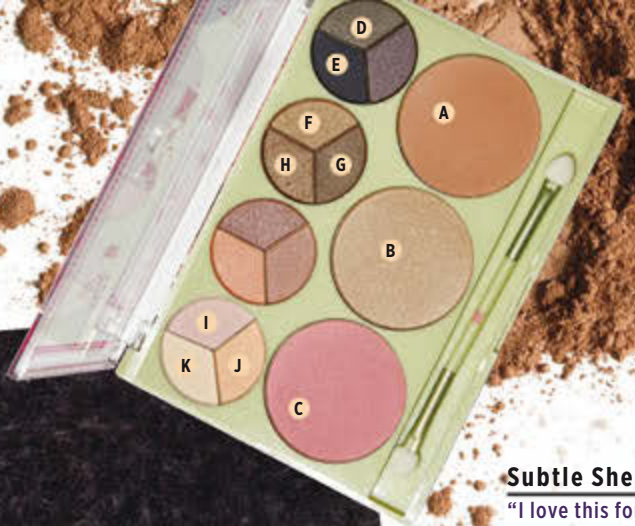
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PIXI

BY PETRA PALETTE BRONZETTE IN SUMMER GLOW ($10, AT TARGET)



Olive View

"Bronzed looks tend to be one-note—a bunch of takes on the same shade. Adding rich olive eye shadow gives an earthiness that's unbelievably sultry," says makeup artist Danielle Decker.



1/ Apply a light layer of the black powder eyeliner (**E**) as shadow from lashes to creases.

2/ Swirl your shadow brush into the olive-toned eyeliner (**D**), then into one of the brown shimmer shadows (**F**, **G**, or **H**, your choice)—and brush it on top of the black, from lash lines to creases and right under your lower lashes, too.

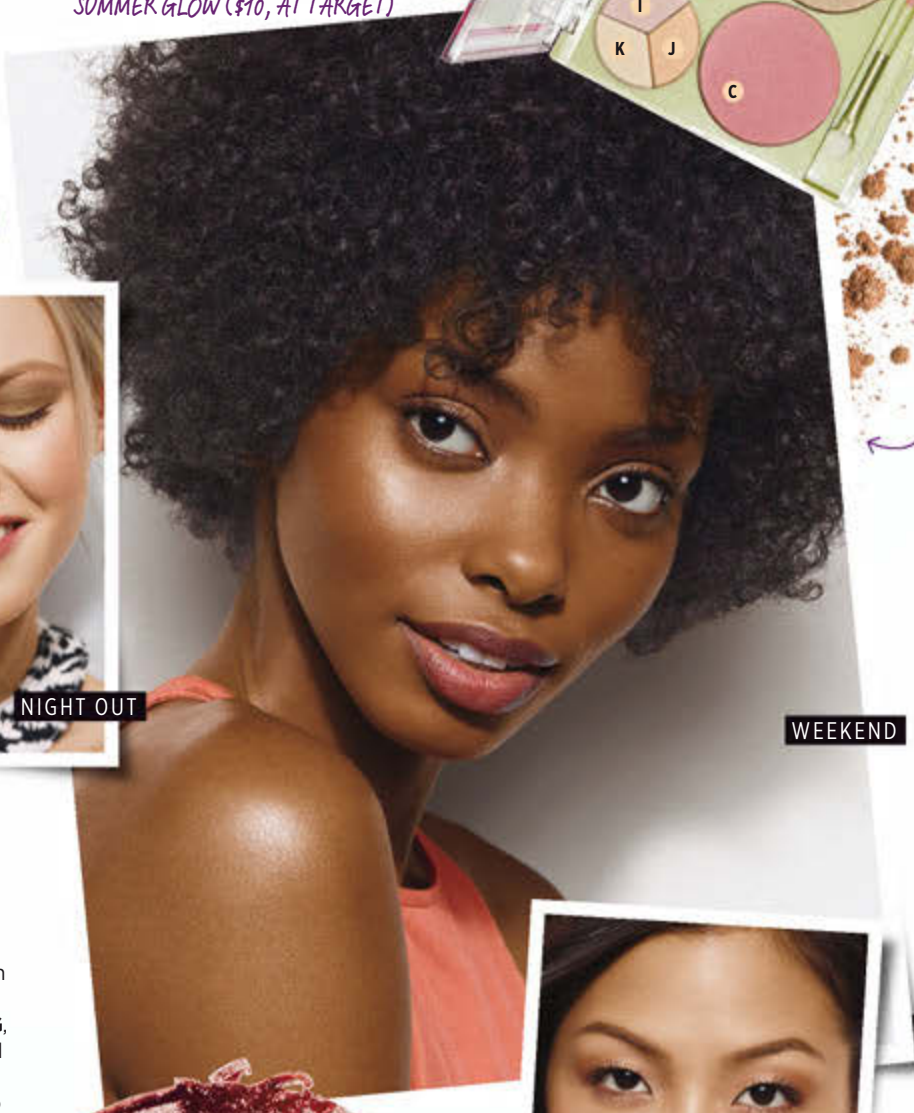
3/ Sweep the bronzer (**A**) onto your apples.

4/ Top cheekbones with a light dusting of the luminizing powder (**B**).

What else you need:

Black mascara (top and bottom lashes)

Peach lip gloss



Subtle Sheen

"I love this for post-gym or whenever you want the bare minimum but need to look put together in case you run into anyone you know," says Mann.

1/ Brush any of the light shimmery eye shadows (**I**, **J**, or **K**) all over lids up to brow bones.

2/ Apply the bronzer (**A**) to apples, jawline, and forehead.

3/ Dust the luminizing powder (**B**) onto only the top of your cheekbones.

What else you need:

Black mascara (top and bottom lashes)

Rose-tinted lip balm

TOOLS 101

Application is half the battle. Here's how to do it right.

EYES: Those felt-tip applicators that come with most palettes? Superprecise and perfect for drawing on shadow as liner. But for actual eye shadow, experts say a flat brush with densely packed bristles (some kits now have 'em) is best.

CHEEKS: Trade in the stiff little blush brush for a big fluffy one. You'll get more diffused (read: natural-looking) cheek color.

LIPS: Tap on lipstick with your fingers for a sheer, stained finish; use a lip brush for a richer, more opaque payoff.



Rosy Outlook

"Bronzer is better with blush. Here, I blended them both on the cheeks, because most women will have a hint of pink when they've been naturally sun-kissed. And bronzer on the eyes adds soft, subtle depth," says Carrillo.

1/ Brush the lightest eye-shadow shade (**K**) onto upper lids.

2/ Swirl your shadow brush into the bronzer (**A**) and dust it over the highlighter and into your creases.

3/ Apply a mix of the bronzer (**A**) and the pink blush (**C**) to your apples, blending up toward your temples.

What else you need:

Black mascara (top lashes only)

Sheer rose lip gloss

STILLS, FROM TOP: LISA SHIN; MITCH MANDEL/RODALE IMAGES; CLAIRE BENOIST

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NIGHT OUT

Smoke Screen

"You can create so many eye looks with this palette, but I chose deep brown, since it looks great on everyone," says Mann.

1/ Sweep the dark-chocolate shade (**G**) all over the lids, from lash lines to creases.

2/ Directly on top, layer the satiny taupe (**C**) for dimension. Run it along lower lashes for a sexy smudged-liner effect.

3/ Dab the pearly-white hue (**E**) onto the inner corner of the eyes. "The light-dark contrast brings the drama," says Mann.

What else you need:

Black mascara (two coats to upper lashes, one to lower)

*Pink lip gloss or balm



WORK

Taupe of the Ladder

"A lot of women err on the side of too natural for work and their eyes practically disappear. These deeper neutrals give you just the right amount of definition," says Carrillo.

1/ On medium or dark skin, apply the satiny taupe (**C**) all over the lids, from lash lines to creases. If you're fair, use a mix of beige (**A**) and pearly white (**E**).

2/ Brush the matte charcoal (**D**) into creases for subtle shape. Pale skin? Go with the taupe (**C**).

What else you need:

Black mascara (top lashes only)

Rosy-pink blush

*Pink lip balm ("Think strawberry ChapStick–sheer," says Carrillo.)



WEEKEND

Shades of Gray

"I was inspired by a day out with the girls. Soft, smudgy eyes; bronze face; and fresh peachy lips always look camera-ready," says Decker. "Because you know someone's going to snap a pic at brunch."

1/ Trace your upper lash lines with the matte charcoal shade (**D**), then graze the leftover bit (don't redip) along your lower lashes.

2/ Press a small amount of the silver shimmer (**F**) onto the center of your lids for brightness.

What else you need:

Black mascara (top and bottom lashes)

Bronzer: light tan for fair skin; a terra-cotta hue for medium or dark skin

*Peach-nude lipstick ■

MITCH MANDEL AND THOMAS MACDONALD/RODALE IMAGES (STILLS)

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Why Your Pores Look So Damn Huge

Let us magnify what's not obvious: Five surprising reasons those little buggers can seem like craters—plus how to tighten 'em up ASAP.

By Genevieve Monsma

Honestly: How far would you go to change the look of your pores? According to a Harris Poll/L'Oréal survey, 56 percent of women would give up booze, dessert, even social media (#firstworldpores) for an entire year to downsize those eyesores. The national obsession has reached such a fervor, dermatologists even coined the term "porexia"—which is exactly what it sounds like.

Buzzy names aside, there's unfortunately still no miracle treatment to permanently shrink the suckers. (Get on it, derms!) Of course, regular exfoliation helps make them look smaller (clogged pores = large pores). But we've discovered a few unexpected reasons why they could be freaking out—in some cases, at the hands of the products used to fight them. So, if any of the following five things describe you, find the smart fix that'll help you whittle your pores...and have your merlot (or whiskey, or Hoegaarden), too.

1 *You're not zealous enough about sunscreen.*

Not to rub your nose in it—actually, we might have to do just that. "The skin on your nose often has a higher degree of sun damage, which can make pores—already prominent in that area—appear coarser," says Adam Geyer, M.D., an NYC dermatologist. And since the T-zone is slick, SPF tends to rub off more easily there. Solved: Shiseido Sun Protection Cream SPF 50+ with WetForce Technology ($38, shiseido.com) is formulated to latch on to skin more fiercely in the presence of sweat.

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2 You're still not using retinoids.

Really, guys? They're the headliners of the anti-aging world for the bang-up job they do at stimulating collagen production—which, turns out, is just as crucial for pores. When pores aren't supported by collagen, "they become lax, the skin sags, and pores look enlarged," says David Bank, M.D., a dermatologist in Mount Kisco, New York. (Retinoids also exfoliate, making them a double whammy for pores.) Start with an over-the-counter retinol and apply three times a week before bed; try Neutrogena Pore Refining Moisturizer ($15, at drugstores).

If you have sensitive skin that's irritated by retinol, use a chemical exfoliant (like glycolic acid) to gently unplug, then chase it with a product that tightens the skin around pore openings, such as Kiehl's Dermatologist Solutions Precision Lifting & Pore Tightening Concentrate ($64, kiehls.com). It uses micro-filtered yeast extract and geranium essential oil to firm.

3 You can't get enough extractions.

Facials can clear out pores—if done by the right hands. "Make sure the aesthetician is cleaning out only the clogged pores—not every pore," says Macrene Alexiades-Armenakas, M.D., Ph.D., a New York City dermatologist and consultant for Lancôme. "If you manipulate those that don't need extraction, they may stretch out permanently." Traumatized pores can develop scar tissue that creates an indentation deeper than the pore itself, adds Sonia Batra, M.D., M.P.H., a clinical assistant professor of dermatology at the USC Keck School of Medicine.

Between facial appointments, de-gunk pores (so your skin requires fewer extractions in the first place!) by using an exfoliating cleanser—we like Laura Mercier Flawless Skin Face Polish ($32, lauramercier.com)—or a cleansing brush, such as the Foreo Luna T-Sonic Cleansing and Anti-Aging System ($200, sephora.com), which dislodges dirt and dead cells with pulsing silicone bristles.

DO PORES REALLY OPEN AND CLOSE?

No, they don't have the necessary muscles to expand and constrict, says dermatologist Adam Geyer, M.D. What you're seeing is the pore moving between a clear state and a clogged one. Over a matter of hours, the pore can also darken—just as a fruit does when exposed to oxygen.

NEXT UP

We see smaller pores in your future! A few treatments still in development: Topical estrogen has been shown to decrease oil production and, consequently, pore size. (This hormone solution also seems to soften fine lines and roughness.) And a round of applause for Botox. The muscle paralyzer is also thought to inhibit sebaceous oil activity. Look for both of these potential pore shrinkers to become available within the next five years.

4 You had acne as a teen.

Big whoop. Everyone did. Problem is, the enlarged sebaceous glands that caused them way back when may have never properly shrunk, "even if you're no longer producing a lot of oil," explains Elizabeth Hale, M.D., an associate clinical professor of dermatology at New York University Langone Medical Center. So if three months of topical treatments have done jack, in-office photodynamic therapy (PDT) could be the answer. A photosensitizing solution penetrates pores for an hour, then a blue light is directed at them for up to 10 minutes. Most patients require three to five sessions (at about $500 a pop), spaced two to four weeks apart. A major caveat: The skin will look and feel sunburned for a few days post-treatment.

5 You're wearing makeup to hide them—but it's actually enhancing them.

Powders may settle into those bitty holes over the course of the day, making them appear larger. Alexiades-Armenakas says she has also seen instances in which mica or talc has become caught inside a pore, enlarging it for good. (Yikes!) Before applying makeup, put on a primer to seal your pores, suggests Batra. Try L'Oréal Paris RevitaLift Miracle Blur ($25, at drugstores). ■

THIS PAGE: MITCH MANDEL/RODALE IMAGES (STILLS); CLAIRE BENOIST (BLOB).
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THE STRETCH BEFORE
THE STRETCH
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Aesthetician Annet King on...

Dark Spots

The first step to evening the odds is finding the root cause of your hyperpigmentation.

WRINKLES GET ALL THE BAD PRESS, even though brown spots are just as aging. Your skin has melanocytes, octopus-like cells that produce pigment. But inflammation, stress, hormones, and plain getting older can cause these cells to push out too much pigment, resulting in brown or reddish splotches. To prevent it, let's find the triggers and clear things up.

THE CAUSE: THE ENVIRONMENT

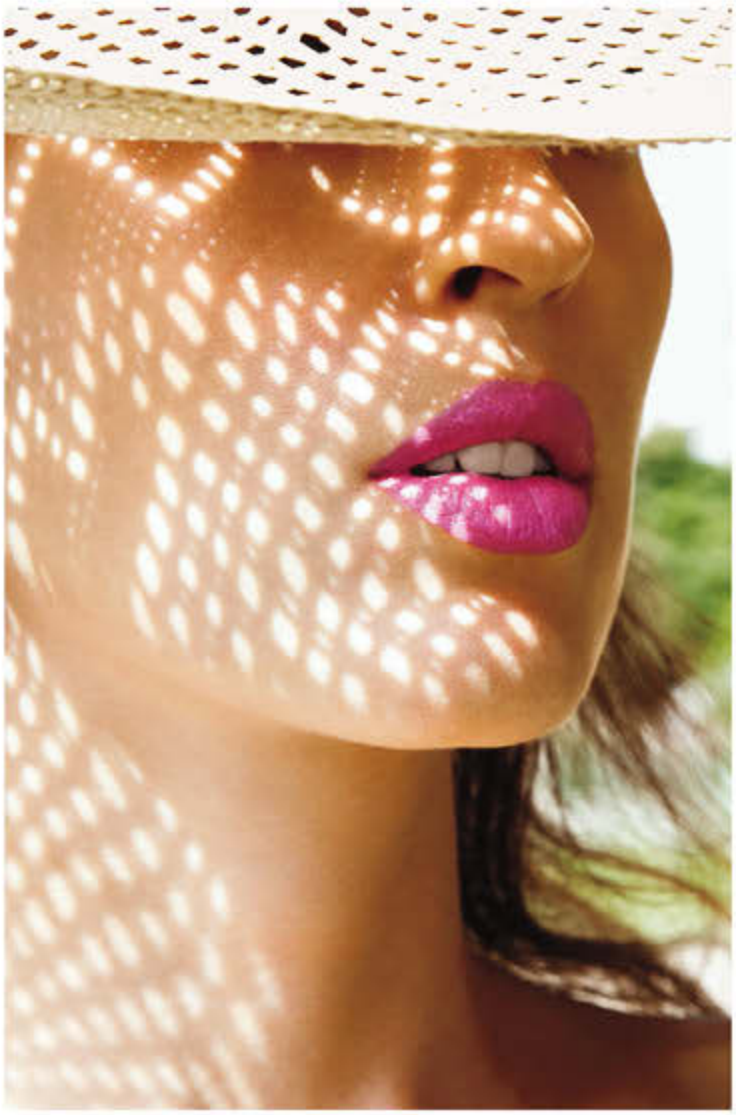
Like so many aging-skin issues, the majority of brown spots stem from the sun. And all skin tones can be affected. To stop new splotches from forming, wear a broad-spectrum SPF 30 or greater every day—no exceptions. Choose one with free-radical-neutralizing antioxidants. I like cranberry or raspberry seed oils or vitamins C or E. All are anti-inflammatories, which brings me to my next point...

THE CAUSE: TRAUMA

Melanocytes are riled up by inflammation. Exfoliating, pimple picking, hair plucking, or scratching (say, from eczema) can all cause spots, as can insect bites and laser hair removal. Treat it ASAP: Use products that contain natural anti-inflammatories like oats or chamomile. Keep a soothing spray in your bag for quick relief. After you pluck a hair or get laser hair removal, ice the area for a few minutes.

THE CAUSE: YOUR HORMONES

If you see a patch above your upper lip, odds are your birth-control pill is causing the spots. A butterfly-like brown mask across your cheeks? Pregnancy. In both cases, a riot of estrogen can cause your skin to hyperpigment, a condition called melasma. The splotches tend to fade after you've given birth or stop taking the pill. If the latter isn't an option, try a pigment fader (see "On the Bright Side," below) and wear sunscreen and a wide-brimmed hat when outside.



THE CAUSE: SNEAKY INGREDIENTS

Fragrances with citrus notes like bergamot can make skin extra sensitive to the sun, especially in warmer climates. If you're prone to hyperpigmentation, you might notice a leathery-textured discoloration anywhere that was sprayed by the scent, then exposed to rays. (No need to switch your spritz; just avoid areas that are sun-exposed and reapply sunscreen every two hours.) Even the lime in your booze can be to blame, if you're sipping in the sun. I can tell when clients have been on vacation, drinking Coronas with lime—I often see a telltale brown mustache. Pour the beer into a cup and add a squirt.

—As told to Krista Bennett DeMaio

Résumé: Annet King

- Skin therapist, massage therapist, electrologist, and aromatherapist with multiple certifications
- Director of global education for Dermalogica and the International Dermal Institute (IDI), a school for licensed skin-care professionals

On the Bright Side

Not all brown spots are alike, but their fix is: the right topical.

The Ingredients
Peptides help slow the production of melanin. Niacinamide, licorice extract, and red and brown algae lighten existing spots. Try Dermalogica C-12 Pure Bright Serum ($90, dermalogica.com).

The Application
Smooth it on twice daily—underneath your makeup during the day and your moisturizer at night. Spot-treat if you have a few marks; apply it all over if your pigmentation is more profuse.

The Results
Be patient—and realistic. With daily use, it takes at least 45 days just to get rid of pigment residing in the epidermis (skin's top layer), and melanin can extend into the deeper levels, which is much harder to treat.

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Secret Ingredients, Serious Results

Yes, great physiques owe their awesomeness to exercise *and* diet. But which foods and how much? Our no-BS blueprint breaks it all down.

By Cindy Kuzma

MATT RAINEY AND MITCH MANDEL/RODALE IMAGES

Another berry, fish, or nut is proclaimed a "superfood" about every other minute. (Insert eye roll here.) But truth be told, certain eats *do* deserve props in the fitness arena, says exercise physiologist and nutrition scientist Stacy Sims, Ph.D.—especially if you're looking to clock a faster run time or, hey, drop a jeans size. In fact, if you're not seeing any payoff, ID'ing a few missing ingredients and shaking up your plate (more fat here, fewer carbs there) could be just the thing to move the dial from "what gives?" to "aw, yeah!" Nothing nitpicky here, folks. Just easy-to-follow intel on what to eat and when. And it's all pretty darn yum. When's the last time you had chocolate milk? Exactly. Dig in!

MEET THE POWER FOODS

Stock up on these ingredients. Research proves they can make you stronger, rev your metabolism, burn serious fat—even ease soreness so you can do it all over again tomorrow.

GAIN ENERGY



OATMEAL: Provides staying power so you won't crash between the 10th and 11th laps.



RAISINS: Grab a handful during long workouts for a natural energy boost.



BANANAS: Just as effective as sports drinks at keeping your electrolytes balanced.

SOOTHE PAIN



GINGER: Fights nausea and can reduce muscle pain by about 20 percent.



TART CHERRIES: They neutralize free radicals so you can recover faster.



TURMERIC: The spice that makes curry yellow acts like ibuprofen against joint pain.

BUILD MUSCLE



EGGS: This rich source of the amino acid leucine jump-starts muscle repair.



WHEY PROTEIN: Prime building material for tight abs and toned glutes.



SALMON OR TUNA: Their protein urges your muscles to begin the strengthening process.

SPIKE METABOLISM



PISTACHIOS: Curb post-workout hunger without packing on the pounds.



BEETS: These bad boys help you push harder with less effort during your workouts.

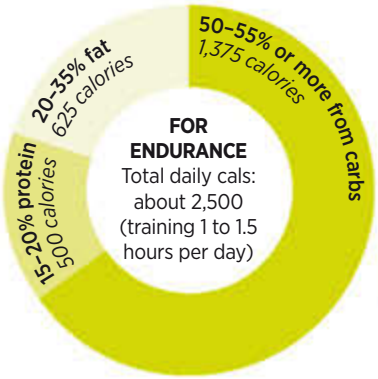


EDAMAME: Soybeans are high in fat-torching protein and fiber.

THE PERFECT MIX

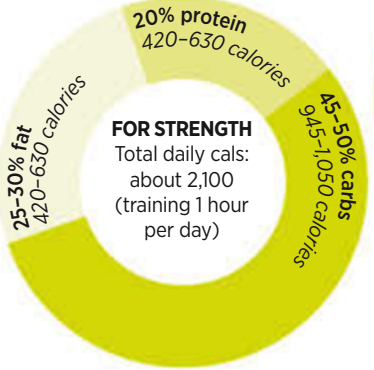
CARBS PROTEIN FAT

Any good diet should include three things: carbohydrates (to fuel exercise), protein (to repair muscles), and fat (to keep you satiated). How you distribute those grams makes all the difference. *Calories below based on a 150-pound, 5'4" woman, age 28.*



+ FYI: Research shows getting less than 20 percent of your diet from fat could increase your injury risk.

+ FYI: See the uptick in protein here? It's crucial when you're strength training.





+ FYI: Want to maintain your weight? If you get 30 minutes of moderate exercise a day, you need 1,700 calories to stay put.

RUNGER (a.k.a. "running hunger"): The all-consuming urge to stuff your face in the hours or day after a long run or other intense workout. Tame it with a snack that has at least 15 grams of protein. (Note: These aren't bonus calories; they're part of your total daily amount.)

JEFFREY COOLIDGE/GETTY IMAGES (TURMERIC); JESSICA PETERSON/GETTY IMAGES (BEETS); STOCKFOOD/EISING STUDIO-FOOD PHOTO & VIDEO (CHERRIES); MARK SCOTT/GETTY IMAGES (GINGER); MAREK ULIASZ/ALAMY (WHEY PROTEIN); D. HURST/ALAMY (EDAMAME); MATT RAINEY/RODALE IMAGES (ALL OTHERS)


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WHAT'S EATING YOU?

Sometimes, even the most healthful foods don't play nice with your body during exercise. The result: a riot of cringe-worthy bodily functions. Ain't nobody got time for that.



VOMITING/ NAUSEA
Did you eat too close to your workout? Push yourself too hard? There you go. (If not, see Gas and Heartburn/Reflux.)

HEARTBURN/ REFLUX
Steer clear of trigger foods (like coffee, peppermint, and tomatoes or tomato products) and wear loose clothing if you're prone to problems (tight gear can aggravate the issue).

DIARRHEA
Bummer: Intense activity seems to move waste closer to the exit. Another theory: Hormones called prostaglandins may be released during exercise, contributing to the runs.

GAS
Your body's trying to break down high-fiber foods like bran, beans, and fruit—and **all that bouncing, jumping, and running isn't helping.** Sneaky offenders: foods with a type of fiber called inulin (you'll find it in wheat, onions, leeks, and asparagus).

SNACK ON THIS!

What you eat post-workout impacts everything—from how you recover to how much weight you lose. Here, four key combos from sports nutritionist Wendy Bazilian, Dr.P.H., R.D.

1. ▶ **Turkey sandwich** (3 oz **turkey**, 2 slices whole-wheat **bread**), ½ **apple**, ¾ cup **mini pretzels**
   + Who knew? Your brown-bag lunch contains just the right mix of protein and carbs.

2. ▶ 21 **walnut** halves (about a handful), ⅓ cup dried **cherries**, 6 oz Greek **yogurt**
   + Like an energy bar (without the added sugar), plus yogurt to add protein and boost calcium.

3. ▶ **"Banana Dog":** Whole-wheat **hot-dog bun**, 2 Tbsp **nut butter**, 1 Tbsp **honey**, 1 peeled **banana**
   + This one's a real weiner (ha, ha)—but for real, no reason you can't have fun with your fuel.

4. ▶ **Chocolate milk**
   + More than 20 studies support the muscle-building, hydrating, energy-restoring properties of this recovery beverage.

FIT MATH

Use this equation to find your RMR (the minimum cals you need to maintain your weight before factoring in activity). Wanna lose lbs? Eat below it—or sweat more.

RMR = 655 + (4.35 x WEIGHT IN POUNDS) + (4.7 x HEIGHT IN INCHES) – (4.7 x AGE IN YEARS)

CAN'T-SKIP NUTRIENTS

Show us a woman with a well-rounded diet and we'll show you a nutritional gap. Sorry, we say that because we love you, and because women are susceptible to these deficiencies:

DEFICIENCY: B vitamins
CAN CAUSE: Dragging mid-workout
YOUR MOVE: Three daily servings of meat, fish, and eggs. (Vegetarians, take a B-complex supplement.)

DEFICIENCY: Calcium
CAN CAUSE: Risk for stress fractures
YOUR MOVE: Three servings of dairy (sardines and collard greens are also good sources).

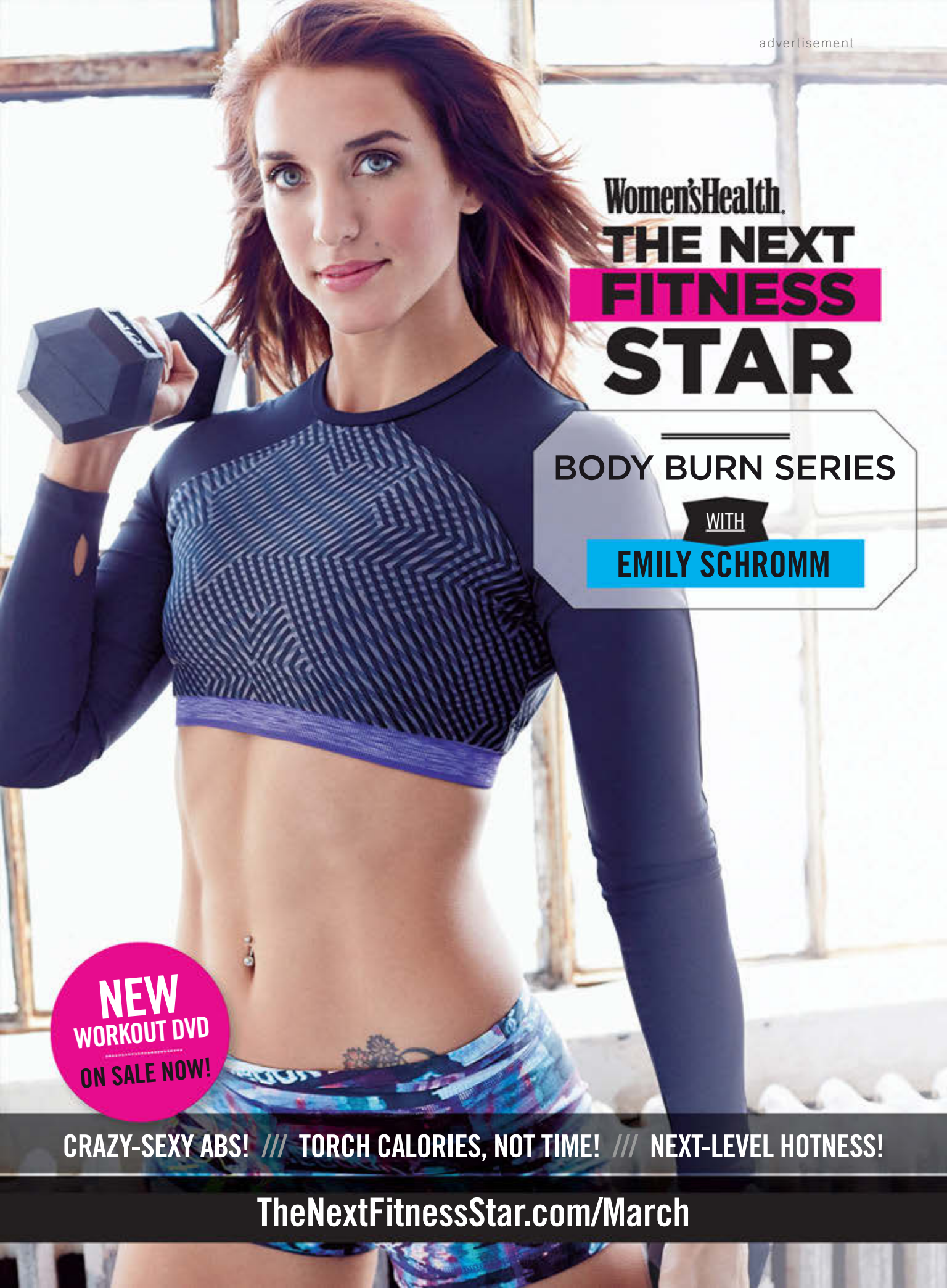
DEFICIENCY: Iron
CAN CAUSE: A fuzzy brain and anemia
YOUR MOVE: Eat more red meats, dark leafy vegetables, and iron-fortified foods.

DEFICIENCY: Omega-3 fatty acids
CAN CAUSE: General fatigue, poor circulation
YOUR MOVE: Aim for fish twice a week, then add walnuts and flaxseed. ■

Sources: Connie Diekman, R.D., C.S.S.D., director of university nutrition at Washington University in St. Louis; Marie Spano, R.D., sports nutritionist for the Atlanta Hawks

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15 MINUTE WORKOUT

SCULPT A BETTER BUTT

One simple tool firms your booty—and every inch along with it—fast.

Search #belfie on Instagram and you'll notice an obvious trend: Butts are big right now. Literally. We're talking round, tight, and shapely.

To get one, you'll need this workout, created by strength and conditioning specialist Jim Smith, owner of Diesel Strength in Elmira, New York. It utilizes a resistance band to shape your rear while also toning your legs, core, and upper body. Bonus: This super-portable accessory can help you bust through stubborn fitness plateaus. "A resistance band intensifies any exercise," says Smith. "Plus, you can adjust the tension so the moves get tougher as you get stronger."

Two or three times a week, perform the first two exercises back-to-back, then rest for up to one minute; repeat three more times. Continue to moves three and four and repeat the same pattern until you complete four total sets.

—Caitlin Carlson

1 Squat to Press



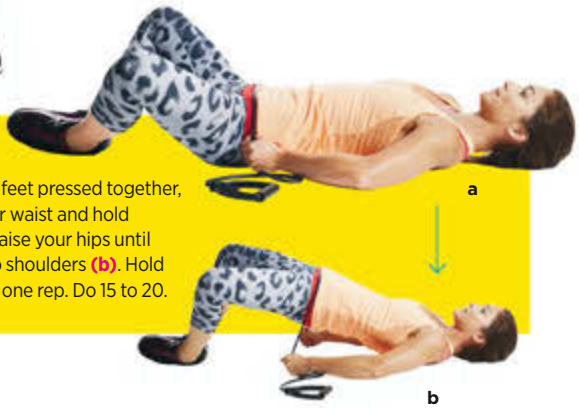
Stand in the middle of a resistance band, feet hip-width apart, and hold the handles at shoulder height, palms facing forward. Slowly sit your hips back to lower into a squat **(a)**. Press through your heels to stand, and extend the handles directly overhead **(b)**. That's one rep. Do eight to 12.

2 X-Band Walk



Stand in the middle of a resistance band, feet hip-width apart. Hold the right handle with your left hand and left handle with your right hand, so the band forms an X across your body **(a)**. Step your right foot out to the right, leg straight **(b)**, then your left foot; that's one rep. Continue walking to the right for eight to 10 steps. Pause, then take eight to 10 steps to the left.

3 Glute Bridge



Lie faceup on the floor with the soles of your feet pressed together, knees bent. Place a resistance band over your waist and hold at the floor on either side of your body **(a)**. Raise your hips until your body forms a straight line from knees to shoulders **(b)**. Hold for three seconds, then return to start. That's one rep. Do 15 to 20.

4 Donkey Kick



Place your right foot through one handle of the band and kneel on all fours, pressing the band under your right hand **(a)**. Raise your right leg until it is parallel to the floor **(b)**. Slowly return to start. That's one rep. Do 10 to 12, then repeat on the other side.

STYLING: THEA PALAD. HAIR AND MAKEUP: SOPHIE HAIG FOR LAURA MERCIER/BA-REPS.COM. LORNA JANE ORANGE TANK, ALO YOGA RED TANK, PUBLIC MYTH PANT, NEW BALANCE SNEAKERS

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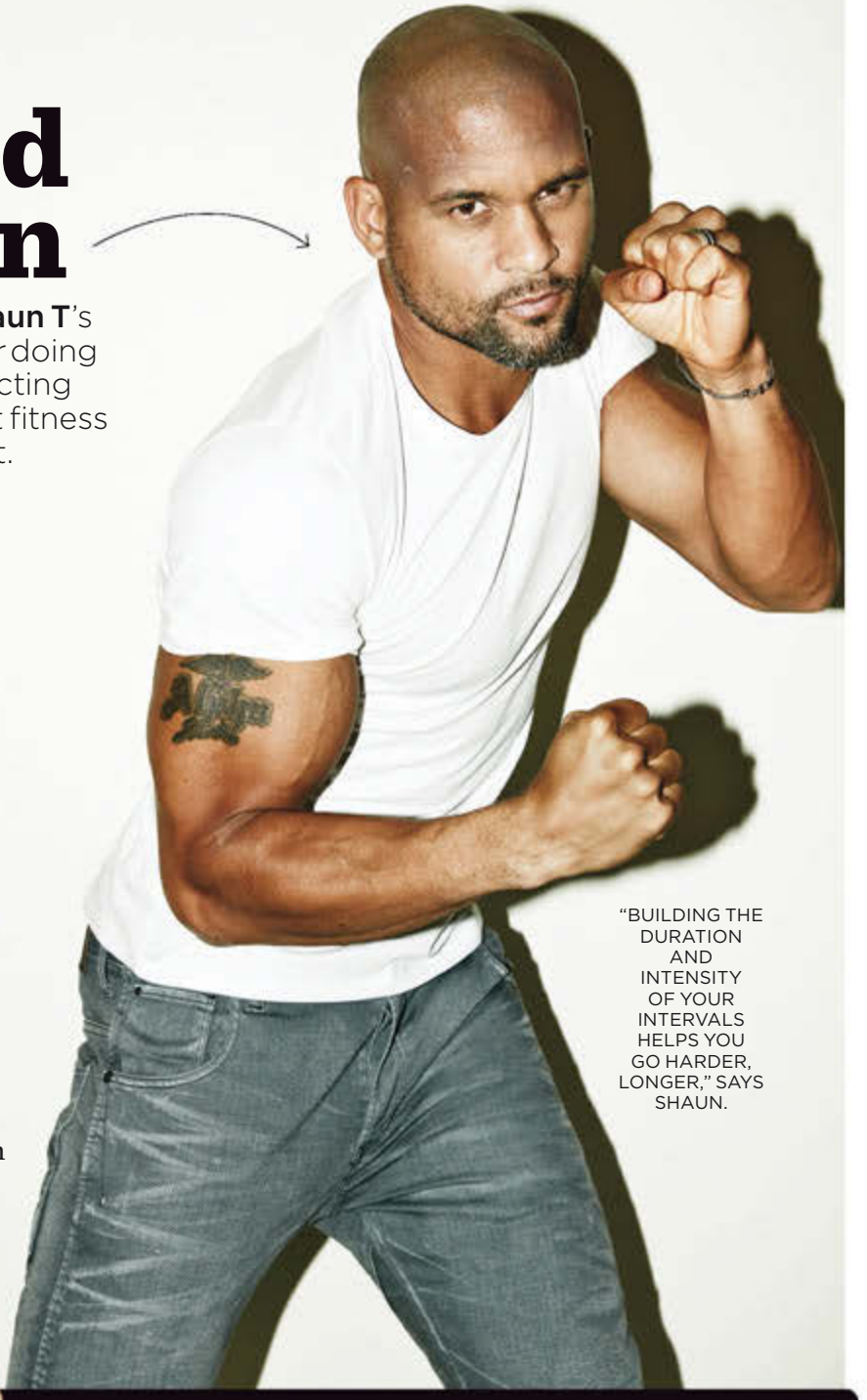


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Hot-Bod Weapon

Sorry, Einstein. Trainer **Shaun T**'s definition of insanity: *never* doing the same thing and expecting *amazing* results. His current fitness twist will lean you out.

By Jen Ator



"BUILDING THE DURATION AND INTENSITY OF YOUR INTERVALS HELPS YOU GO HARDER, LONGER," SAYS SHAUN.

His name is synonymous with *Insanity* (the DVD he created in 2009), but there's nothing crazy about Shaun T's training approach. Take this exclusive workout. Inspired by his latest DVD series, *Insanity Max 30*, it features heart-pounding intervals designed to spike your metabolism instantly; you'll also sculpt leaner arms and abs and sleeker, more defined legs and shoulders. Yes. Please.

How it works: Complete as many reps of each exercise as you can in 20 seconds, resting 10 seconds between each move. At the end, rest 30 seconds, then repeat the circuit, doing as many reps as you can in 45 seconds and resting 15 seconds in between moves. Rest 30 seconds. Finish by performing as many reps of each exercise as you can in 60 seconds, moving from one to the next every minute without resting.

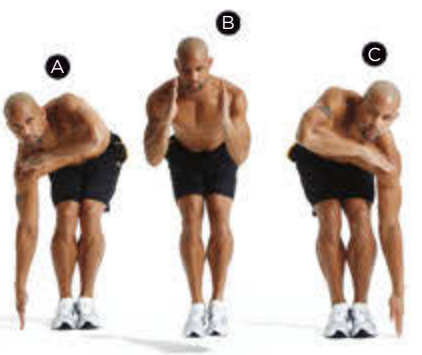
THE JUMP CROSS

Do It Stand with your feet hip-width apart, knees bent and fists raised to shoulder height **(a)**. Jump off the ground, raising your arms overhead **(b)**; as you land, pivot to the left and punch your right fist in front of you **(c)**. Quickly return to start and repeat, this time pivoting to the right and punching your left fist. Continue alternating.



THE SLALOM

Do It Stand with your feet together and bend down to reach your right hand to the floor **(a)**. In one motion, quickly swing both hands in front of you, elbows bent, and jump to the left **(b)**; land softly, and immediately bend your knees to reach your left hand onto the floor **(c)**. Reverse the movement to return to start. Continue alternating.

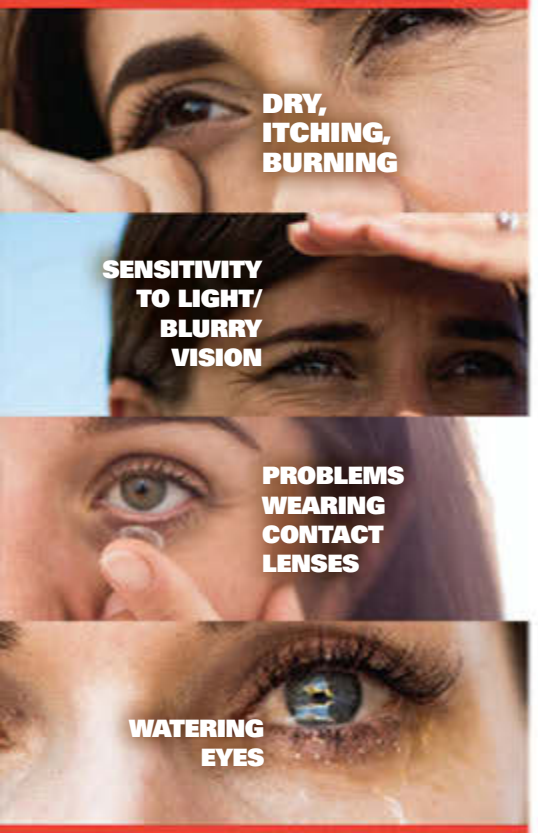


STYLING: BRIAN BOYÉ. HAIR: ERICK AYALA. MAKEUP: LISA FOSTER/ZENOBIA AGENCY. MAJESTIC T-SHIRT. G-STAR JEANS. ZADEH BRACELET. THIS PAGE AND NEXT: BETH BISCHOFF. GROOMING: CHUCK JENSEN/MARK EDWARD INC. (ALL EXERCISE MOVES)

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DON'T DENY YOUR DRY EYES



If you're experiencing any of these symptoms, you may have Chronic Dry Eye disease.

Chronic Dry Eye can affect your ability to perform some daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

SCHEDULE a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.

GO TO mydryeyes.com, **TAKE** a brief questionnaire eye doctors use to help assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

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My DRY EYES

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APC33MX14

DIVE PUSHUP



Do It Place your hands shoulder-width apart on the floor and extend your legs; raise your hips, keeping your arms straight and back flat **(a)**. In one motion, lower your hips so that your body forms a straight line, and bend your elbows to lower your chest toward the floor **(b)**. Reverse the movement to return to start.

SWITCH KICK PUNCH



Do It Stand with your left foot in front of your right, knees slightly bent and fists raised in front of you, elbows bent **(a)**. Bracing your core, kick your right foot in front of you, leg straight, while punching your left fist toward your foot **(b)**. Quickly return to start, place your right foot in front of your left, and repeat on the other side. Continue alternating.



SCISSOR STANCE JACKS

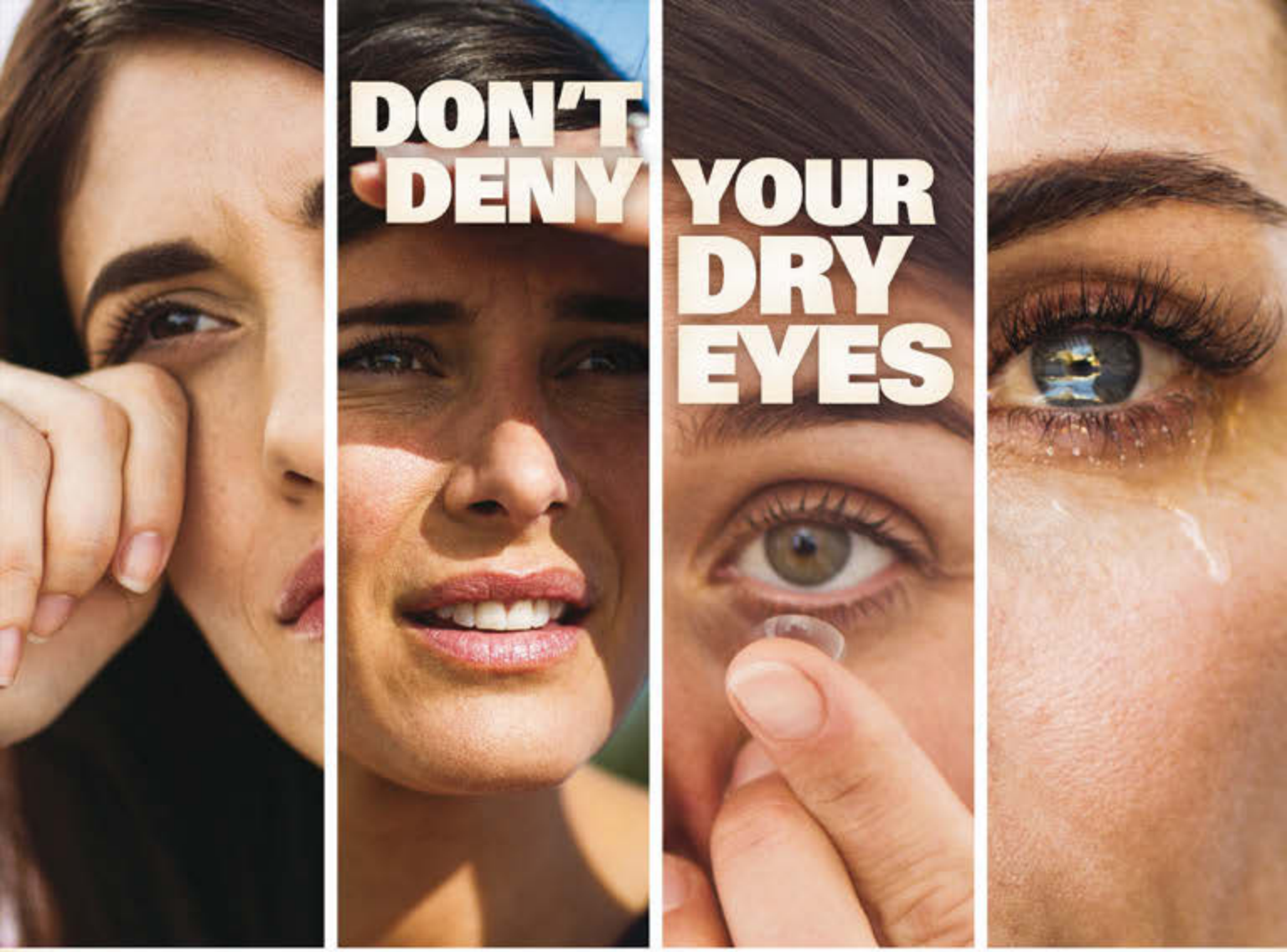
Do It Stand with your feet shoulder-width apart, and hinge forward at the hips to lower your torso toward the floor, reaching your right hand in front of your left foot **(a)**. Jump up, bringing your hands toward your chest and crossing your right foot in front of your left **(b)**; land back in the starting position, this time reaching your left hand in front of your right foot **(c)**. Continue alternating.

PUNCHING ABS



Do It Sit with your legs extended and feet together, knees slightly bent. Brace your core and lean back slightly, with your fists at each side of your chest, elbows bent. Punch your right fist forward at shoulder height **(a)**, then quickly return to start and repeat on the other side **(b)**. Continue alternating. ■

WOMEN'S HEALTH RECEIVES COMPENSATION AS A MEMBER OF THE BEACHBODY AFFILIATE NETWORK. SEE FULL DISCLOSURE STATEMENT AT WOMENSHEALTHMAG.COM/MAX30.



It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My DRY EYES

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Scary Tired?

It's the stuff of nightmares: You're so stressed that you can't sleep, which leaves you even *more* tense the next day. Annnnd... repeat. These genius hacks will help you end the madness—for good.

By Jenny Everett



MEREDITH JENKS/TRUNK ARCHIVE

You know who's chasing more women than Leonardo DiCaprio and Gerard Butler combined? Nope, not John Mayer. The Stress Monster. Over 43 percent of women cop to being more stressed today than they were five years ago. It's a 24-7 terror, messing with your day-to-day—think candy binges, raging breakouts, soaring blood pressure—and, it turns out, your every night.

Despite the fact that 37 percent of adults say stress makes them feel dead tired, nearly half of adults with extreme stress gripe that it also keeps them from a solid sleep, per a recent American Psychological Association report. "By bedtime, you might have 150 life events—some agonizing, some annoying—swimming around in your head, which is why it can take up to an hour to nod off, even if you're beat," says Edward Suarez, Ph.D., a professor of psychiatry and behavioral sciences at Duke University.

Insult, meet injury: Research shows one of the surest ways to court mental strain is by failing to get enough z's. Put simply, daytime mayhem equals bedtime bedlam. And bedtime bedlam equals more daytime mayhem, which equals more bedtime...ugh!!

Vicious Cycle, Part 1

In a perfect world, your dozing hours look something like this: As you kill the lights, receptors in your eyes signal your body to prep for the sandman. Your brain releases the snooze-inducing hormone melatonin, slows your heart rate, reduces your body temp, and puts a stop order on stimulating stress hormones like cortisol. After you fall asleep, you oscillate between light and deep slumber every 60 to 90 minutes; it's in the latter stage that your cells may fight off illness and recover from injury.

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† Data on file

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But if you had a hectic day, stress can trigger your brain to pump out excess cortisol, which may hurt your ability to power down, says Natalie Dautovich, Ph.D., an environmental scholar at the National Sleep Foundation (NSF). That means tossing and turning and a racing mind (*Is my bank account overdrawn? Is my relationship on the rocks?*). It also means you won't reach the deeper, restorative phases of sleep. Come morning, you feel like a vengeful member of *The Walking Dead*.

Vicious Cycle, Part 2

When you're totally spent, even routine tasks can seem Herculean—and nothing begets more stress than feeling exhausted and overwhelmed. (Or harping on how buried you feel: One study found that people who analyze or bemoan their stress have higher rates of long-term insomnia.) Sadly, this is especially true for women. Suarez's research has shown that sleep-deprived females experience significantly more stress, anxiety, and anger than overtired guys. "When men lose sleep, their testosterone can help limit the effect of stress hormones," he explains. Women don't pump out enough T to counteract that free-flowing cortisol.

Now, trying to rally the day after one crappy night's rest is annoying. But when sleeplessness piles up, things can get utterly unhealthy. Inadequate shut-eye suppresses the immune system, upping your odds for infections; it's also been linked to diabetes, heart disease, obesity, and mood disorders. In addition, research suggests that people who take longer than 30 minutes to drop off, or who wrestle with insomnia, are 10 times likelier to suffer from clinical depression.

The solution, of course, is to saw more logs—at least seven uninterrupted hours per night. According to the NSF, the average woman comes in at six hours and 41 minutes. But it's not as simple as tacking on that extra 19 minutes, because quality is as important as quantity. You need to tweak your habits to reduce stress, keep your sleep-wake clock humming, and calm your mind before bed.



YOU'RE GETTING VEEERY SLEEEEPY...

In a study, women who underwent hypnosis before snoozing got up to 80 percent more deep sleep than those who weren't treated. For a similar effect at home, try this bedtime exercise from clinical hypnotherapist John McGrail, Ph.D.: Sit in a relaxed pose, arms on thighs, palms down. Raise your index finger and imagine it becoming lighter as it rises. Lower it as you silently count down from five. When you reach zero, think "deep sleep" and let your finger relax.

DAYTIME PLAN

> SEE THE LIGHT. Within five minutes of waking, try to expose yourself to up to 30 minutes of sunlight to give your brain the "It's morning!" signal, says Clete Kushida, M.D., Ph.D., medical director of the Stanford Sleep Medicine Center. Then continue to spend time in sunny spaces: A recent study found office workers who scored natural light during the day got an average of 46 more minutes of sleep per night than daylight-deprived coworkers.

> EXERCISE IN THE A.M. Not only can early-bird workouts squash cortisol levels for up to 12 hours, but new research shows that people who do 30 minutes of moderate cardio in the morning fall asleep quicker, snooze for longer, *and* spend up to 75 percent more time in deep sleep than those who sweat later in the day.

> OR GET SOME OMS. Yoga also works, at any hour. The practice is ace at zapping stress, and studies show that dedicated yogis have better overall sleep quality, says Sat Bir Singh Khalsa, Ph.D., an assistant professor of Medicine at Harvard Medical School.

> SAVE CARBS FOR DINNERTIME. The insulin spike you get from eating fare such as brown rice, yams, or pasta may help you fall asleep faster, per research published in the journal *Cell*. Aim for around 15 to 20 grams at your p.m. meal, about the amount in half a cup of quinoa or whole-grain spaghetti.

BEDTIME PLAN

> BANISH GLARE. Harvard University research shows that the light from computer, tablet, and cell-phone screens suppresses melatonin. If you must watch *How to Get Away With Murder* in bed, set your gadget's brightness to the lowest possible level.

> PLAY A LULLABY. Those struggling to catch sufficient z's might want to crank up the tunes. Well, sort of. Studies suggest that listening to soothing music can help you relax. To set the stage for sleep, try songs with a continuous rhythm of about 60 beats per minute (such as "Weightless" by Marconi Union), which sync up with your resting heart rate, according to Lyz Cooper, founder of The British Academy of Sound Therapy.

> DON'T STEW. To keep from lying awake itemizing all your worries, grab a pen and paper a few hours before bed each night and jot down your to-dos or qualms. "When you address what's bothering you, you're actually mentally checking it off a list," says Kushida.

> STRAP ON A MONITOR. Sleep trackers use motion sensors to measure even your most subtle wake-ups throughout the night, plus how long and how well you snooze—all info you can use to get better subsequent shut-eye. Try out the super-affordable Sleep Cycle app (iTunes, Android, $0.99), which works with smartphone technology to analyze your every dozing moment, then wakes you during your lightest sleep stage. ■

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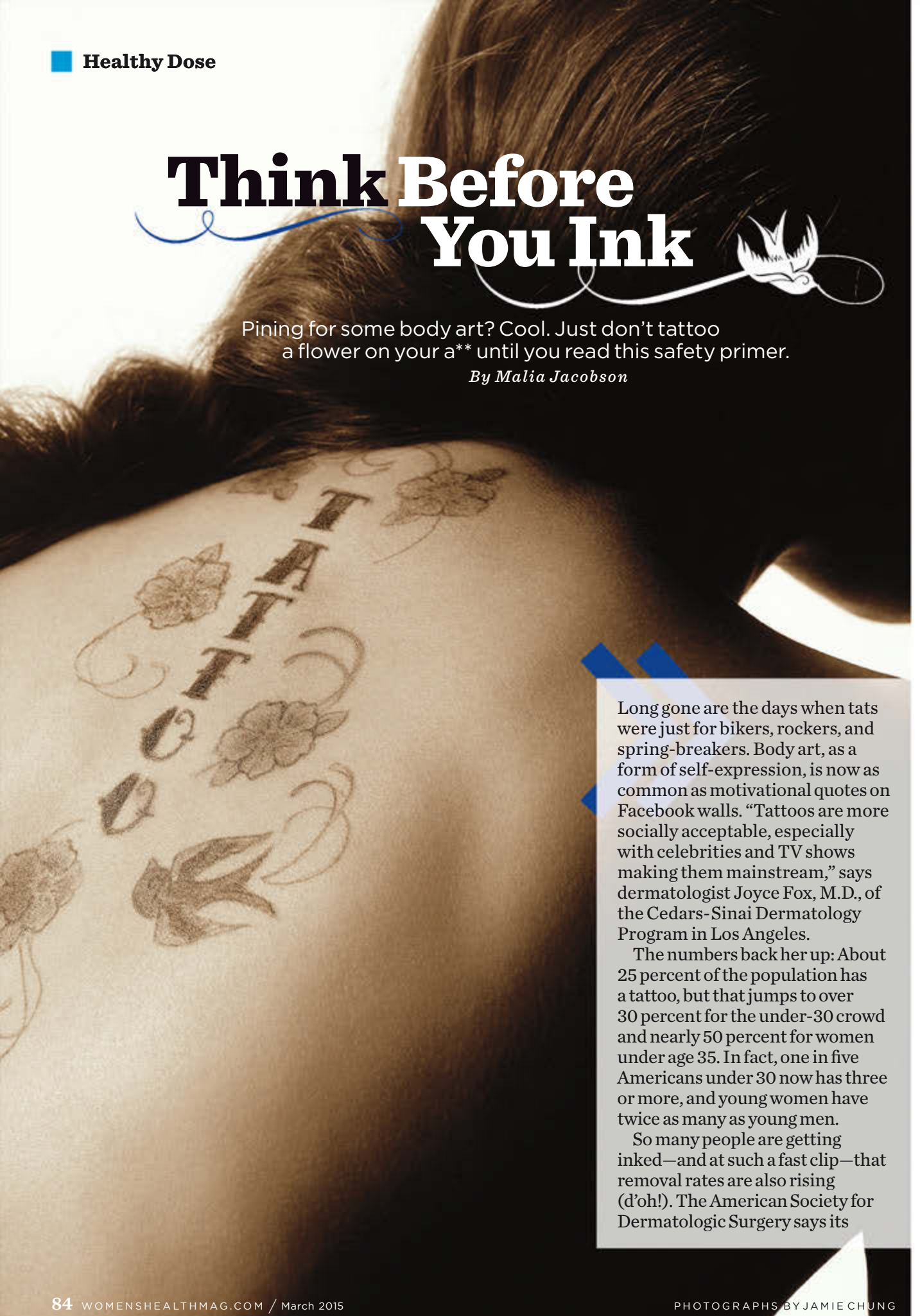
VICKS

Use as directed for occasional sleeplessness. Read each label.
Keep out of reach of children. © Procter & Gamble, Inc., 2014

Think Before You Ink

Pining for some body art? Cool. Just don't tattoo a flower on your a** until you read this safety primer.

By Malia Jacobson



Long gone are the days when tats were just for bikers, rockers, and spring-breakers. Body art, as a form of self-expression, is now as common as motivational quotes on Facebook walls. "Tattoos are more socially acceptable, especially with celebrities and TV shows making them mainstream," says dermatologist Joyce Fox, M.D., of the Cedars-Sinai Dermatology Program in Los Angeles.

The numbers back her up: About 25 percent of the population has a tattoo, but that jumps to over 30 percent for the under-30 crowd and nearly 50 percent for women under age 35. In fact, one in five Americans under 30 now has three or more, and young women have twice as many as young men.

So many people are getting inked—and at such a fast clip—that removal rates are also rising (d'oh!). The American Society for Dermatologic Surgery says its

PHOTOGRAPHS BY JAMIE CHUNG

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Brandi and Mom, 39ers

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members erased 52 percent more tattoos in 2013 compared with the year before.

Often lost in all this is the fact that tattoos *do* involve some health risks—and the FDA doesn't regulate ink. Whether you're getting a fresh design or wiping out a regret, sidestep infection (or worse) by following this guide to going under the needle.

Shop Around

Approach getting a tattoo as you would buying a car: Do your research, and be picky. Chose an artist based on recommendations and online reviews. Make sure his or her style meshes with yours (e.g., the dude known for barbed wire may not be best for your dainty orchid). Drop in for a visit, and don't be shy—ask to see the artist's license and the shop's operating documents. In most states, legit parlors must regularly apply for licenses and permits. Expired or missing paperwork? Move on.

True Colors

Next, consider the ink itself. Every tattoo softens with age, but yellows, pinks, and other light tones are most likely to fade, and black is the most enduring, says Levi Greenacres, a licensed tattooist in Portland, Oregon. Black, however, might also be the sketchiest: It can include carcinogenic carbon, and a recent study found 100 percent of black inks tested contained dibutyl phthalate, a chemical that's been linked to obesity and breast cancer, says Joel Schlessinger, M.D., a dermatologist in Omaha, Nebraska. Though most research suggests the threat is relatively small, it may still be smart to choose black as an outline or accent as opposed to the main attraction.

That said, no ink is totally risk-free. Many contain heavy metals such as iron, lead, and aluminum, which lend hues lasting brightness—and which, in rare cases, can cause mild to severe allergic reactions. In general, blues and greens may be safest, blacks and reds less so. Concerned? Seek out highly rated parlors that use reputable brands of pigments, and ask a lot of questions.

Spot Check

As with real estate, location is key. Inking around or over moles can make it hard to ID changes in size or shape (potential markers for melanoma). Designs on the lower back



Some chemicals in ink can spread throughout the body.

REGRET ME NOT

Here's how to pick something you won't hate in six months. Or, hopefully, ever.

- ☐ Picture the design on a sweet, graying granny. Will your 80-year-old self still dig it?
- ☐ Triple-check the meaning, spelling, and grammar of lettered art (typos happen more often than you'd think, especially with words or characters in foreign languages).
- ☐ In the throes of a breakup or head over heels for a new guy? Push pause for at least a month, then revisit. Both early-love and mopey feelings can mess with your brain's neurotransmitters, leading to erratic (read: lamentable) choices.
- ☐ Show your intended tat to two trusted pals. Are they on board? Good.
- ☐ Consider the size. Unless you have zero misgivings (like, not even a tiny seed of doubt), smaller is better, says cosmetic surgeon Alex Kaplan, M.D., medical director of Celebrity Laser Spa in Los Angeles. Removal is pricey (see "Need It Gone, Girl?" page 90) and is often based on scale, so the larger the art, the more expensive it can be to remove.
- ☐ Custom-order a temporary tattoo in your chosen design and take it for a test drive (try straytats.com, from around $2). If you wish it would never, ever fade, you're ready for real time.

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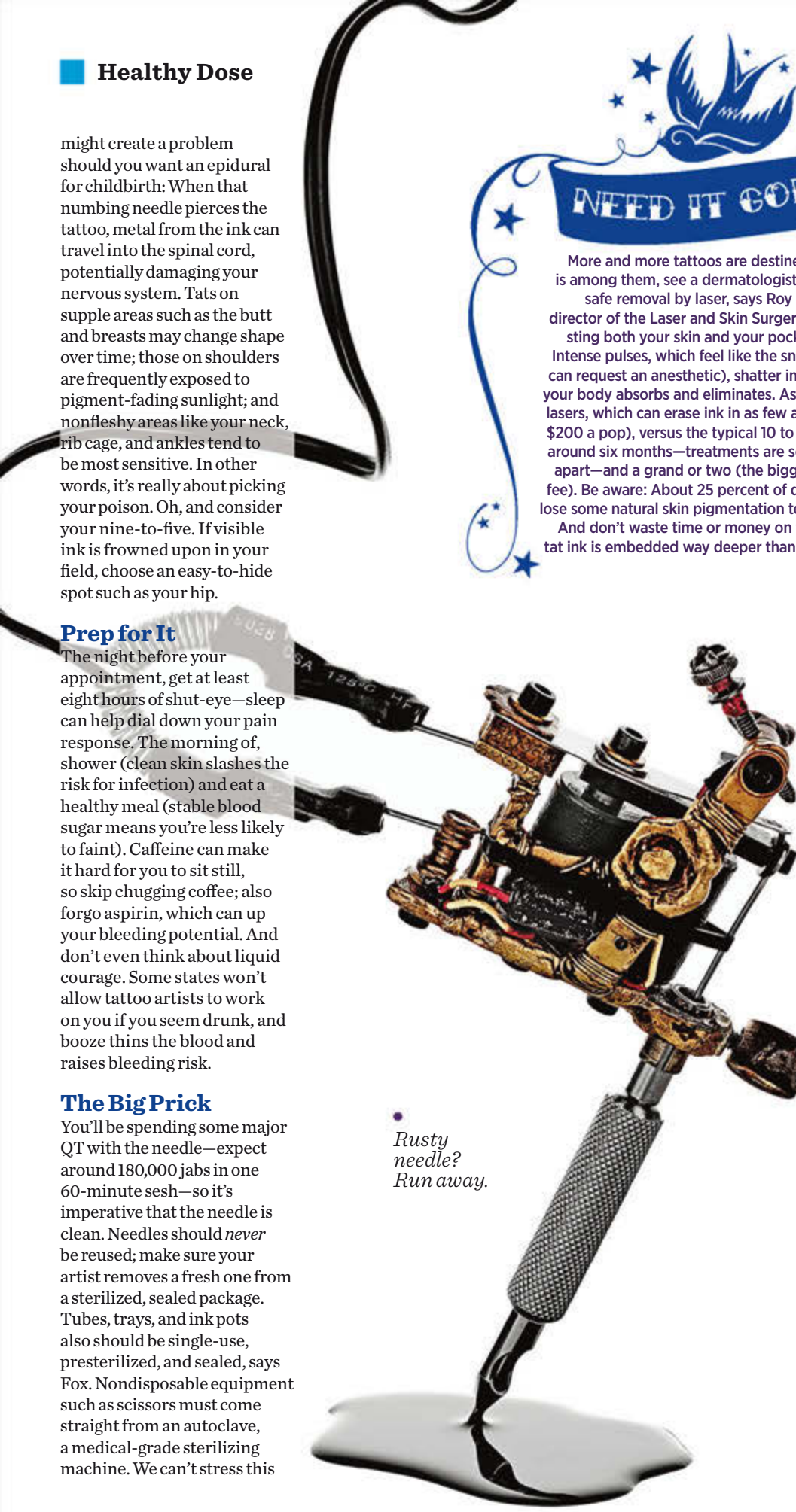
might create a problem should you want an epidural for childbirth: When that numbing needle pierces the tattoo, metal from the ink can travel into the spinal cord, potentially damaging your nervous system. Tats on supple areas such as the butt and breasts may change shape over time; those on shoulders are frequently exposed to pigment-fading sunlight; and nonfleshy areas like your neck, rib cage, and ankles tend to be most sensitive. In other words, it's really about picking your poison. Oh, and consider your nine-to-five. If visible ink is frowned upon in your field, choose an easy-to-hide spot such as your hip.

Prep for It

The night before your appointment, get at least eight hours of shut-eye—sleep can help dial down your pain response. The morning of, shower (clean skin slashes the risk for infection) and eat a healthy meal (stable blood sugar means you're less likely to faint). Caffeine can make it hard for you to sit still, so skip chugging coffee; also forgo aspirin, which can up your bleeding potential. And don't even think about liquid courage. Some states won't allow tattoo artists to work on you if you seem drunk, and booze thins the blood and raises bleeding risk.

The Big Prick

You'll be spending some major QT with the needle—expect around 180,000 jabs in one 60-minute sesh—so it's imperative that the needle is clean. Needles should *never* be reused; make sure your artist removes a fresh one from a sterilized, sealed package. Tubes, trays, and ink pots also should be single-use, presterilized, and sealed, says Fox. Nondisposable equipment such as scissors must come straight from an autoclave, a medical-grade sterilizing machine. We can't stress this enough. Dirty needles and unsanitary environments can spread tetanus, hepatitis, staph infections, and the antibiotic-resistant bacteria MRSA.



Rusty needle? Run away.

After Hours

You made it through! Your new art should be cleaned, coated in antibacterial ointment, and bandaged. Keep it under wraps for 48 hours, then let it air to heal. Tenderness, itchiness, and scabs are normal for a week or two; swelling and pus are signs of infection and worth a call to your doctor. Rare allergic reactions can cause dandruff-like flakes, acne-type rashes, or popcorn kernel–size red bumps—all reasons for an ASAP trip to a derm.

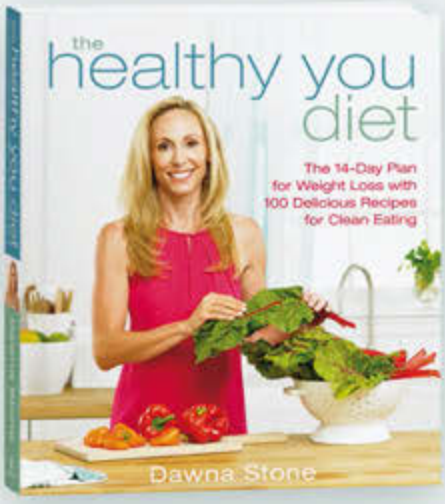
Otherwise, your skin should recover in two to three weeks. Speed up the process by moisturizing once or twice daily with a scent-free lotion (fragranced formulas can irritate tender skin), avoiding chlorinated pools, and using a broad-spectrum sunscreen of SPF 50 or higher (both chlorine and sunlight can cause fading). Do not exfoliate, as scrubbing can mar your hard-earned design. Some aficionados keep their tattoo's colors extra crisp with a touch-up within the first six months, then again every few years. ■

NEED IT GONE, GIRL?

More and more tattoos are destined for deletion. If yours is among them, see a dermatologist or cosmetic surgeon for safe removal by laser, says Roy G. Geronemus, M.D., director of the Laser and Skin Surgery Center of New York. It'll sting both your skin and your pocketbook, unfortunately. Intense pulses, which feel like the snap of a rubber band (you can request an anesthetic), shatter ink into tiny fragments that your body absorbs and eliminates. Ask about newer picosecond lasers, which can erase ink in as few as five treatments (at least $200 a pop), versus the typical 10 to 20. All told, plan to invest around six months—treatments are scheduled about six weeks apart—and a grand or two (the bigger the tat, the higher the fee). Be aware: About 25 percent of dark-skinned patients may lose some natural skin pigmentation temporarily or permanently. And don't waste time or money on fade creams sold online; tat ink is embedded way deeper than a topical lotion can reach.

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YOUR BODY ON... A ROM-COM

The best-ever excuse to admit you're a sucker for sappy stories: They're ace for your health. Here's how the plot unfolds...

The Meet-Cute

Feel a little thrill at the would-be couple's first run-in? The actors' body language determines how you interpret the scene. Staring into each others' eyes? Ahh, love. Trying to stare into each others' eyes but ogling elsewhere? Oh yeah, lust.

Awkward conversations (or sassy monologues) aren't just funny. They help out your ticker. Belly laughing can lower blood pressure as much as exercise does (and can burn 40 calories per 10 minutes!).

The Buildup

Your brain's empathy center is now activated and ordering a release of hormones such as dopamine and oxytocin, which make you feel as if *you* are the one falling in love. Cue butterflies in your stomach or a faster heartbeat.

Seriously, you really feel it. Studies suggest that when the (so-hot) hero strokes the (way-gorg) heroine's arm, the area of your brain that interprets touch can light up.

And just like that... trouble in paradise. Rom-com writers use fights and breakups to hold your attention, because strife prompts your noggin to dredge up your own romantic woes. You now totally identify with these characters.

The Happy Ending

Problems solved. You walk away in a much better mood, thanks to a laughter-induced endorphin rush. A feel-good finale also puts the kibosh on stress hormones. In fact, watching a romantic comedy before bed can help prevent insomnia.

The story's comical moments can imprint in your brain, allowing you to recall your fave film's dialogue whenever you want—a process that can boost your long-term memory.

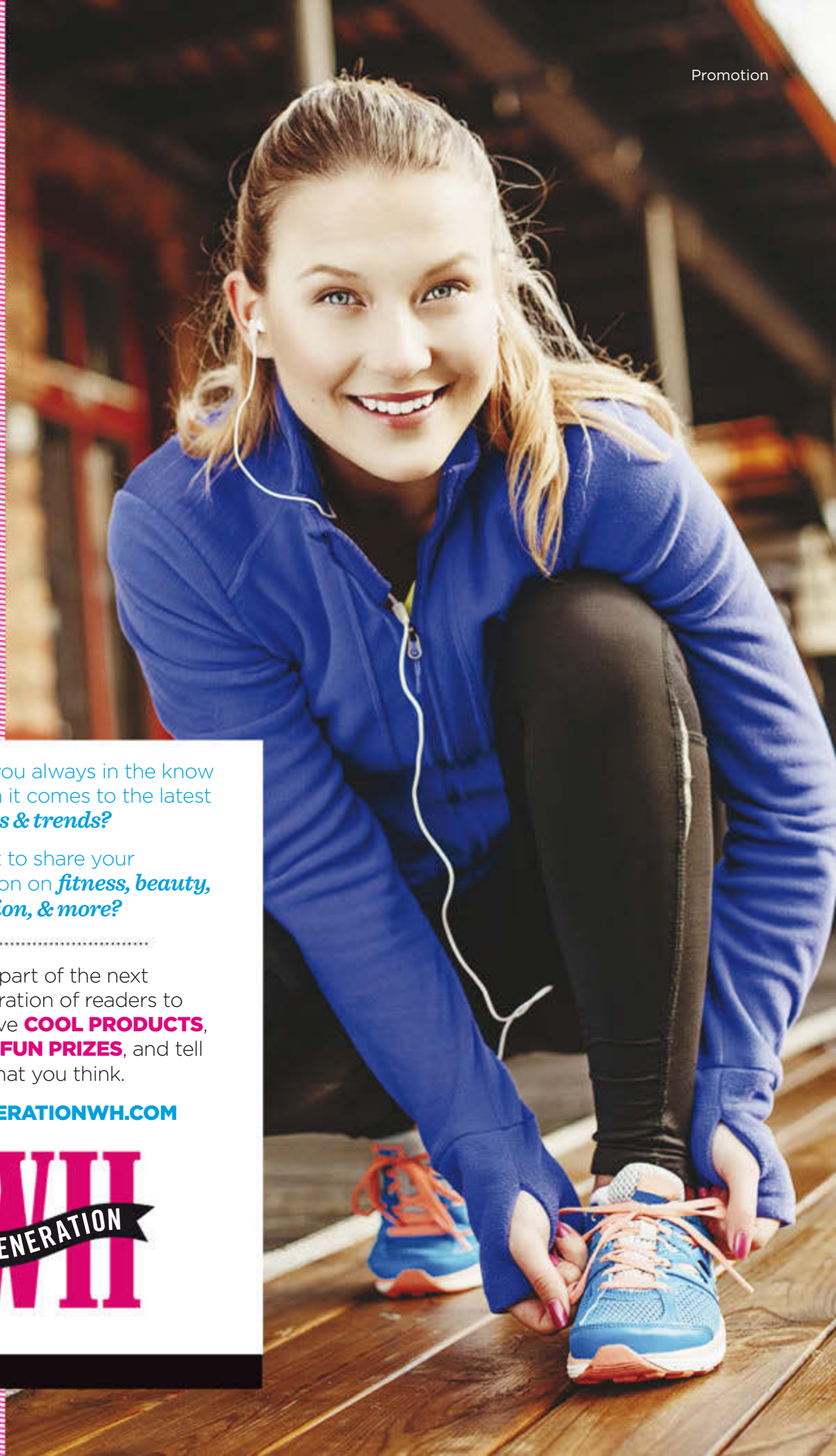
And by churning up personal issues—along with possible resolutions—the movie can prompt a cathartic release of feelings. That's why cinema therapists (yep, they have Ph.D.'s and everything) find flicks so useful: The plots can unlock reactions that might otherwise have remained buried.

Score! One study found that couples who watched, then discussed, such films were more likely to still be a pair three years later.

—Jessica Migala

Sources: Stephanie Cacioppo, Ph.D., The University of Chicago Pritzker School of Medicine; Michael Miller, M.D., University of Maryland School of Medicine; Birgit Wolz, Ph.D., cinema therapist in Lake County, California

XAVIER ARNAU/GETTY IMAGES (TELEVISIONS); COURTESY OF EVERETT COLLECTION (MOVIE STILLS)



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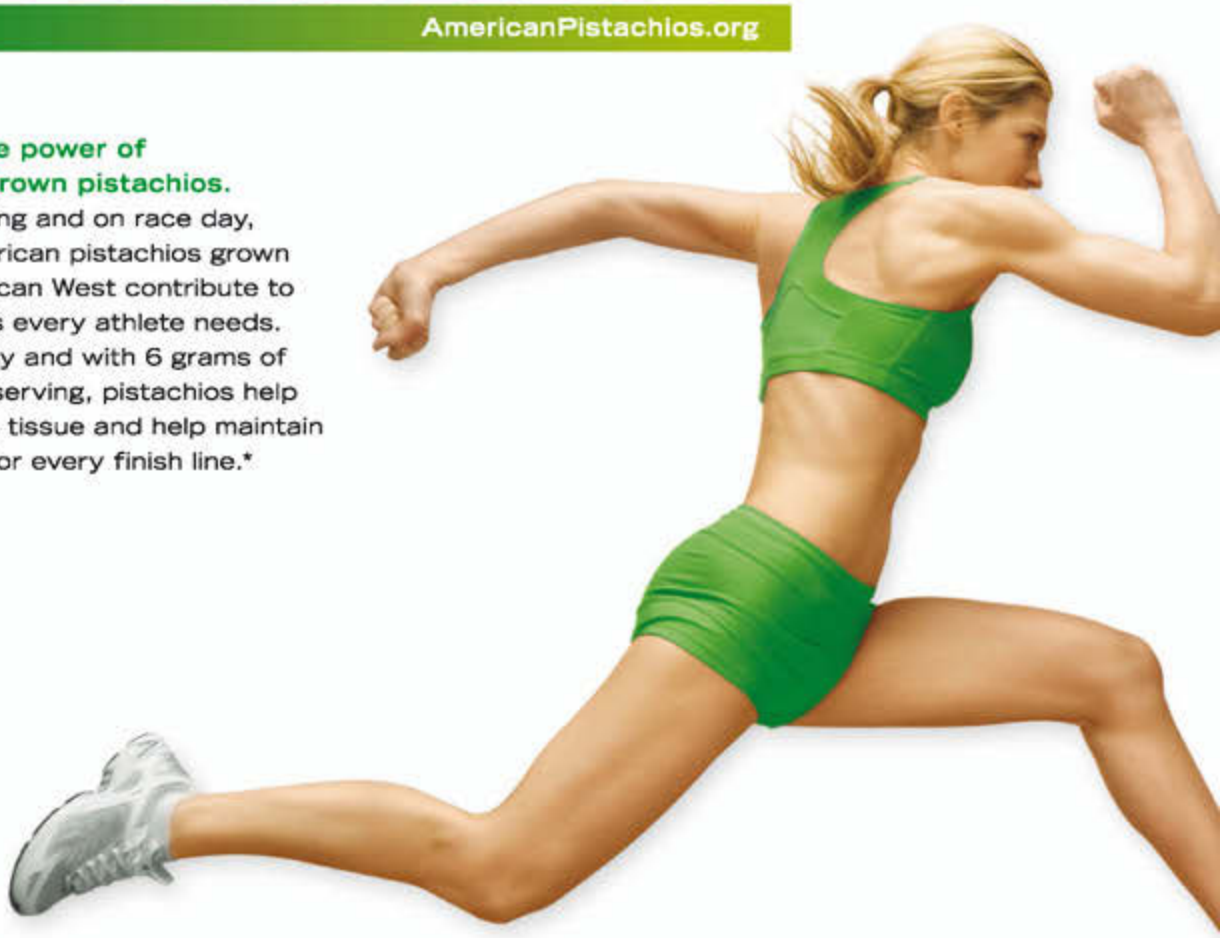
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EGGS BENEDICT GOES GREEN—AND LOSES THE MEGA-CALORIC HOLLANDAISE SAUCE.

Salad. For Breakfast.

Heck, yeah. It's time to turn over a new leaf and start your days with a bowl of energizing produce.

By Lauren Ladoceour

PHOTOGRAPHS BY PENNY DE LOS SANTOS



THE IMMUNITY-BOOSTING POWER OF BLUEBERRIES, MINUS THE POST-CARB CRASH

Cereal. Yogurt. Omelets. *Zzz*. Let's toss things up—literally. Making your first meal of the day a salad might sound a little strange, but it's actually a no-brainer. You'll score antioxidants, filling fiber, and a gaggle of vitamins and minerals, all in a low-cal dish that will help you power through your nine-to-five and beyond. The four tasty ideas on these pages also satisfy a huge chunk of your daily veggie quota. Don't want to totally kick your traditional breakfasts to the curb? No worries—we still snuck in your favorite morning flavors.

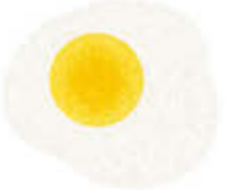
(All recipes make two servings)



"BLUEBERRY PANCAKES"

Toast ½ cup pecan halves in a skillet over medium-high heat, stirring until fragrant, about 5 minutes. In a blender or food processor, combine ½ cup fresh or thawed blueberries, 1 Tbsp medium amber maple syrup, ¼ tsp cinnamon, 2 tsp lemon juice, and 1 Tbsp aged balsamic vinegar. Blend until smooth. In a bowl, combine another ½ cup fresh or thawed blueberries, the cooled pecans, and 4 cups Bibb lettuce, torn into bite-size pieces. Sprinkle with vinaigrette and 2 Tbsp unsweetened shredded coconut.

PER SERVING *300 cal, 22 g fat (4.5 g sat), 26 g carbs, 18 g sugar, 10 mg sodium, 6 g fiber, 5 g protein*



"EGGS BENEDICT"

(on previous page)

Add 1 tsp olive oil to a nonstick pan over medium-high heat. Sauté 8 asparagus stalks cut into 1-inch pieces and 3 oz diced Canadian bacon until asparagus is bright green, about 3 minutes. Whisk together 4 tsp olive oil and 2 tsp each white balsamic vinegar and Dijon mustard, and season with pepper and kosher salt to taste. In a bowl, combine asparagus, Canadian bacon, 1 thinly sliced small shallot, and 5 cups curly endive, torn into bite-size pieces. Toss with dressing. Top each serving with 1 poached egg and cracked pepper. Serve with an English muffin, if desired.

PER SERVING *310 cal, 19 g fat (4 g sat), 16 g carbs, 4 g sugar, 680 mg sodium, 5 g fiber, 19 g protein*

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"LOX ON A BAGEL"

In a blender or food processor, combine 3 Tbsp Greek yogurt, ¼ cup plus 2 Tbsp feta cheese, ¼ cup low-fat milk, and freshly ground pepper to taste. Process until smooth. In a bowl, toss together 5 cups spring mix; 1 small cucumber, peeled, seeded, and thinly sliced; 3 oz smoked salmon cut into ½-inch ribbons; and ½ cup broccoli sprouts. Drizzle with dressing and garnish with a few red onion slices, 1 tsp each sesame and poppy seeds, 2 tsp capers, and ½ oz bagel chips.

PER SERVING *340 cal, 16 g fat (7 g sat), 15 g carbs, 6 g sugar, 490 mg sodium, 5 g fiber, 37 g protein*

FOOD STYLING: VICTORIA GRANOF/CA1-CA2, PROP STYLING: AMY WILSON

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QUICK-COOKING BULGUR HAS MORE FIBER THAN OATS, KEEPING YOU FULL LONGER.

"OATMEAL"

In a bowl, stir together 2½ tsp apple cider vinegar, 2 Tbsp walnut oil, ¼ tsp ground ginger, and kosher salt to taste. Whisk in 1½ tsp honey. In a separate bowl, combine 2 cups baby spinach; 1 cup cooked, cooled bulgur; 1 small apple, cored and thinly sliced; 2 Tbsp dried, unsweetened cranberries; and ¼ cup sliced almonds. Toss with dressing.

PER SERVING *350 cal, 20 g fat (2 g sat), 43 g carbs, 18 g sugar, 45 mg sodium, 9 g fiber, 6 g protein* ■

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*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).

Hangin' Tough

Gourmet flavors. Fewer preservatives. And a ton of protein. Jerky is staking its claim as a healthy snack—prepare to be hooked.

By Jill Waldbieser



Jerky: It's not just for meatheads anymore. "For years, it was seen as a bodybuilder's food, and not a very good one," says Keri Gans, R.D.N., author of *The Small Change Diet*. But today's dehydrated meats have gone upscale, with hormone-free beef, turkey, and pork varieties full of honey, herbs, fruits, even wine. Plus, many manufacturers are ditching sketchy artificial additives and cutting way back on sodium, allowing the treat's biggest star—protein—to shine.

Most jerkies pack upwards of 10 grams per serving, a rarity in a grab-and-go treat. "It's hard to find protein-rich snacks—at least ones you can just throw in your gym bag," says Gans. Some strips are also surprisingly lean, with one or even zero grams of fat.

Another win? Jerkies no longer taste like shoe leather. In fact, they're quite divine, thanks to totally inventive flavor combos. See, for example, the recent partnership between the Sonoma Valley vintner Clos du Bois and jerky maker Krave; their limited-edition artisanal dried beef comes in cabernet sauvignon-balsamic-blackberry or chardonnay-honey-rosemary.

Noshers are lining up. Jerky is now selling twice as fast as other salty packaged nibbles, and the meat-snack category alone has become a $2.6 billion business. Go on, give any type a try—there's no huge nutritional difference among meats, says Gans. (If we were forced to pick a fave, we'd go with beef, for its extra iron and immunity-enhancing zinc and vitamin B content.)

No matter the variety, keep an eye on serving sizes. Even products with no added MSG, a sodium-packed flavor enhancer, use some salt as a natural preservative. Stick to one portion at a time, and add fiber to your protein fix by pairing it with a piece of fruit.

PHOTOGRAPHS BY VICTOR PRADO





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Per one ounce serving.

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walnuts.org





*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.



MEAT, YOUR MAKER

DIY jerky? Totally doable—sans the need for a food dehydrator—with this recipe from California's Belcampo Meat Co.

1 **Buy a lean cut of beef** such as a top-round or eye-of-round. Because the meat will lose approximately half its weight in water as it dries, five pounds will yield around 10 servings.

2 **Make your marinade.** Mix together 1½ cups apple juice, ¼ cup salt, ⅛ cup brown sugar, 4 Tbsp coarse-ground black pepper, and 1 tsp ground toasted coriander (though just about any marinade will do, as long as it's fairly salty).

3 **Slice your meat into quarter-inch strips** (go with the grain for a slightly chewier jerky; against it for a more tender one). Soak the strips in the marinade for six to eight hours in the fridge, then place them on a cooling rack over a rimmed baking tray in the oven. Bake at a minimum of 200°F for two and a half hours, then check every 20 minutes. The strips are done when they are hard to the touch.

4 **Stash it in an airtight container** in a cool, dry place. Homemade jerky should keep for a week if stored this way.

Meat cooking temperatures and storage suggestions are based on Belcampo Meat Co. preferences. Consult USDA guidelines regarding safe minimum cooking temperatures and food storage guidelines.

57

PERCENTAGE OF CONSUMERS MAKING AN EFFORT TO GET MORE PROTEIN IN THEIR DIETS

Source: International Food Information Council Foundation

SUCH IRRESISTIBLE JERKS!

We chewed our way through bag after bag to find the ultimate strips. And the winners are...

BEST BEEF

Krave Artisanal Sesame Ginger Beef Jerky, $6, at Whole Foods Market

The meat's so tender, we wonder if the cow got regular massages.

Per 1-oz serving: 90 cal, 1 g fat (0 g sat), 8 g carbs, 7 g sugar, 410 mg sodium, 0 g fiber, 11 g protein



BEST TURKEY

365 Everyday Value Organic Turkey Jerky Teriyaki, $7, at Whole Foods Market

Super flavorful, extra moist—without crazy sodium or other added preservatives.

Per 1-oz serving: 60 cal, 0 g fat, 6 g carbs, 5 g sugar, 270 mg sodium, 0 g fiber, 11 g protein



BEST VEGAN

Louisville Vegan Jerky Co. Todd's Bourbon Smoked Chipotle, $6.50, louisvilleveganjerkycompany.com

The smoky, tangy taste of this soy-based snack pleases the palate.

Per 1-oz serving: 70 cal, 3.5 g fat (0.5 g sat), 4 g carbs, 1 g sugar, 500 mg sodium, 2 g fiber, 7 g protein

BEST PORK

Jack Link's BBQ Pork Jerky, $8, jacklinks.com

One of the richest, most satisfying cuts we chewed—like ribs from your favorite restaurant, minus the grease and guilt.

Per 1-oz serving: 80 cal, 1 g fat (0 g sat), 6 g carbs, 5 g sugar, 690 mg sodium, 0 g fiber, 12 g protein ■

PROP STYLING: ANGELA CAMPOS/STOCKLAND MARTEL



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We don't add anything to our juices that nature didn't put there. No added sugar. No preservatives. No extra flavoring. No nothing. So that each bottle overflows with the juice of a lush pound of veggies and 10 g or less of sugar per 8 fl oz serving. (And just the right fruit and snips of herbs to delight your taste buds.)

Now that, to us, is deliciously green.

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*Essential Greens with Lime, Sweet Greens and Lemon, Organic Sweet Greens and Ginger, and Smooth Greens have 10 g of sugar or less per 8 fl oz serving, no added flavors, and 3 out of the first 4 ingredients are vegetable juices vs. the leading refrigerated single-serve blended juice. © 2014 Evolution Fresh, Inc. All rights reserved. NSP12-34935

Tastes Better Together

MISO + SWEET POTATO



Orange or purple, these root veggies get a salty kick from miso, a soybean paste.

Miso-Glazed Sweet Potato and Broccoli Bowl

- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large head broccoli, cut into florets
- 2 Tbsp olive oil, divided
- 1 Tbsp white miso
- 1 Tbsp creamy unsalted peanut butter
- 2 tsp honey
- 1 tsp rice vinegar
- 2 cups cooked brown rice

> Preheat oven to 375°F. Place sweet potatoes on a baking sheet coated with cooking spray and bake for 15 minutes. Add broccoli to baking sheet, drizzle with 1 tablespoon olive oil, and return to oven for 15 minutes more.

> In a bowl, stir together miso, peanut butter, honey, vinegar, and remaining tablespoon of oil until smooth. Toss with warm vegetables. Serve over rice.

MAKES 4 SERVINGS *Per serving: 340 cal, 10 g fat (1.5 g sat), 58 g carbs, 9 g sugar, 290 mg sodium, 9 g fiber, 9 g protein*

Three More Delicious Recipes

1. **Crab cakes:** Stir ¼ cup plain Greek yogurt with 2 tsp white miso; set aside. Mash 1 peeled and steamed sweet potato with 1 beaten egg white, ¼ cup panko breadcrumbs, and 7 oz crab meat. Divide mixture into 8 cakes and freeze for 15 minutes. Meanwhile, whisk 1 egg white with 1 tsp water. Dredge cakes in egg mixture, then ½ cup panko to coat. Heat 2 Tbsp olive oil in a skillet and fry cakes until golden brown, about 2 minutes per side. Drizzle with yogurt sauce, and garnish with scallions.

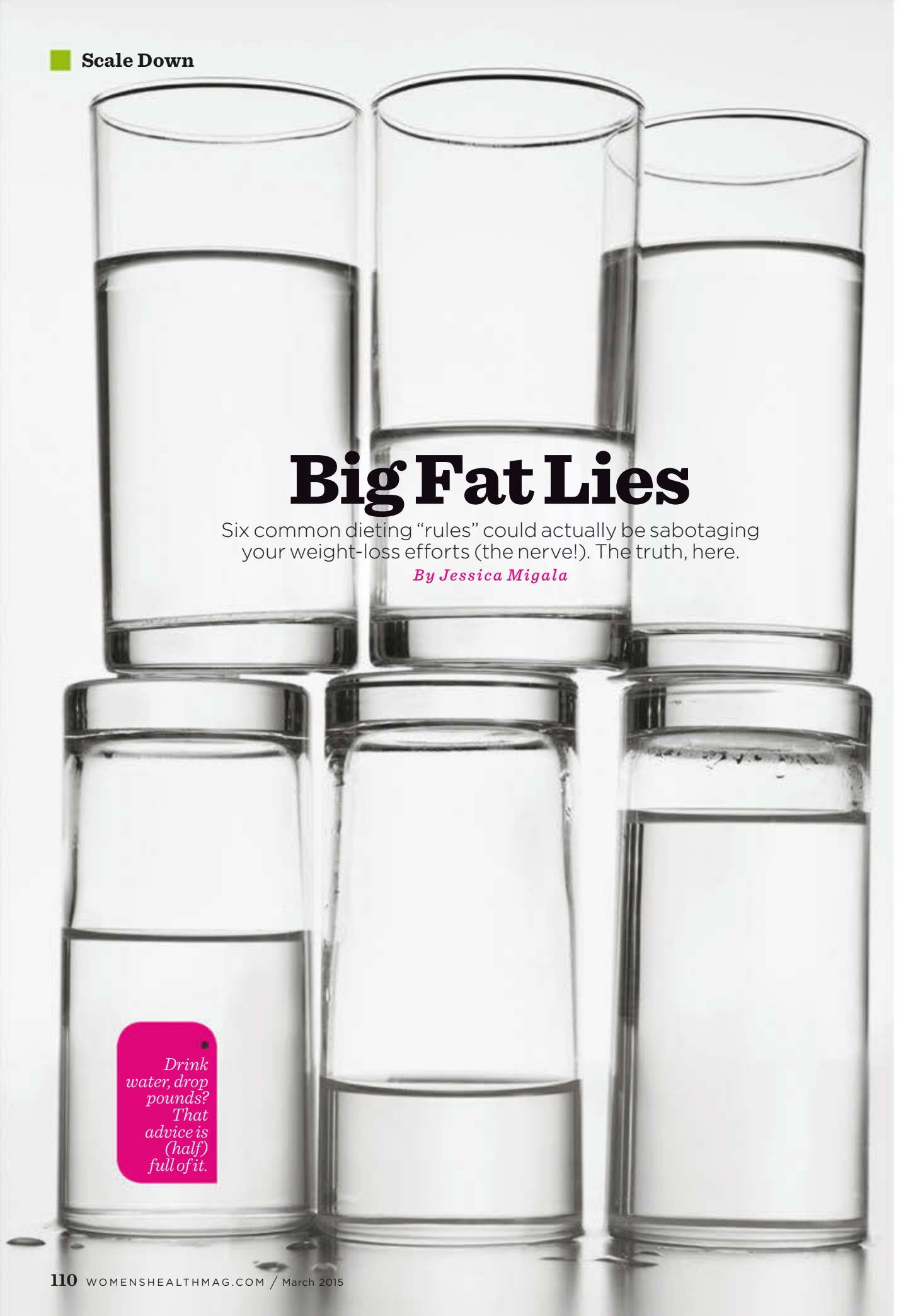
2. **Baked potatoes:** Preheat oven to 400°F. Halve 2 sweet potatoes lengthwise, brush with 1 tsp olive oil, and place cut-side down on a parchment-lined baking sheet. Bake for 30 to 35 minutes. Combine 2 Tbsp room-temperature unsalted butter, 2 Tbsp white miso, and 1 minced garlic clove. Divide miso butter on sweet potato halves to serve.

3. **Creamy dip:** In a food processor, whirl 1 peeled and steamed sweet potato with 1 Tbsp water until smooth. Add 1 Tbsp white miso and ¼ cup mayonnaise and process until well combined. Garnish with chives and serve with crudités.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN

PHOTOGRAPHS BY TRAVIS RATHBONE


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[1]The American Masters of Taste, a prestigious panel of chefs and flavor experts, awarded Six Star® Whey Protein Plus the Gold Medal for Superior Taste. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2014



Big Fat Lies

Six common dieting "rules" could actually be sabotaging your weight-loss efforts (the nerve!). The truth, here.

By Jessica Migala

Drink water, drop pounds? That advice is (half) full of it.

TRUNK ARCHIVE



Many people believe dandelions are nothing more than pesky weeds.

But considering the dandelions we harvest from wild meadows in places like Poland help support your body's natural detoxification process,* we'd argue your body believes otherwise.



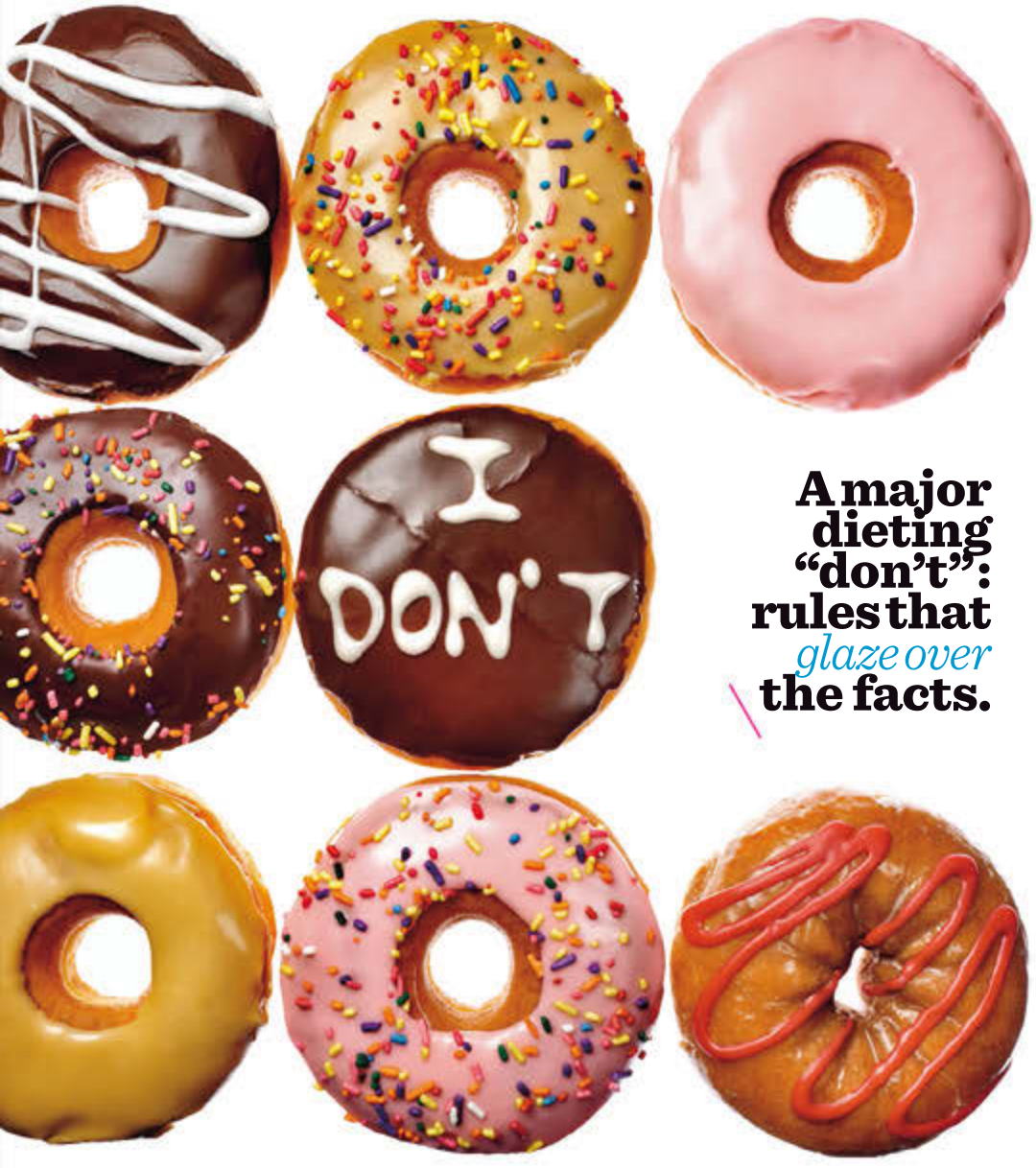
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If you've tried every diet trick in every diet book and fat still clings to you like white on rice, it's easy to think you're just not meant for skinny jeans. But like a lot of "slimming" food, weight-loss advice isn't always fit for consumption. A recent study found there's little data to back up some popular pound-shedding tactics. Which explains why many women heeding such techniques end up throwing in the towel instead of reaching their goals, says study coauthor Krista Casazza, Ph.D., R.D.

Hey, don't feel bad. We've fallen for some of these ourselves in the past. And while we're always advocates of whatever—healthy!—trim-down methods work for you, keep an eye out for strategies that might be secretly thwarting your attempts to shift the scale.



A major dieting "don't": rules that *glaze over* the facts.

The Lie: You Should Take It (Off) Slow

REALITY: Yes, rapid weight loss can lead to the dreaded yo-yo effect. But your diet doesn't need to crawl along at the oft-touted half-pound-per-week rate—or even stick to a steady pace, says Elisabetta Politi, M.P.H., R.D., of the Duke Diet and Fitness Center. As long as you're going about it in a safe way, it's fine to drop five pounds in one week and lose only one pound in another. Bonus news for speed demons: Research shows that working with a tighter deadline can actually increase motivation. When overweight dieters were tasked with losing 15 percent of their body weight in either 12 or 36 weeks, 80 percent of people with the shorter time frame were successful, versus just 50 percent of those on the slower schedule.

The Lie: Drinking Water Prevents Overeating

REALITY: The more H_20 in your stomach, the less room for grub...right? Not exactly, says Barbara Rolls, Ph.D., a nutritional science professor at Penn State University. Water doesn't trigger your satiety sensors the same way food does, and even if it did, you pee the stuff out pretty quickly. Without the bulk of digestion-slowing fiber, you'll likely swallow just as many calories. Instead of straight glugging pre-meal, aim to eat more foods that are rich in fiber and water, a combo that *will* help keep you full. Rolls suggests a 150- to 200-calorie snack like an apple or cup of broth-based soup before your main course. "Our research proves this will help you consume 20 percent fewer total calories," she says.

The Lie: Daily Weigh-Ins Work Against You

REALITY: It may seem obsessive, but it's effective. A 2013 study found that people who hopped on the scale once a day lost nearly four times as much of their body weight as those who weighed in at their leisure. A separate study published in the *American Journal of Preventive Medicine* revealed that weighing yourself daily was associated with increased willpower and improved body satisfaction. Seeing those flashing numbers can be a much-needed reality check. If they're on the rise, you can use that as an incentive to get your butt back on track, says Politi.

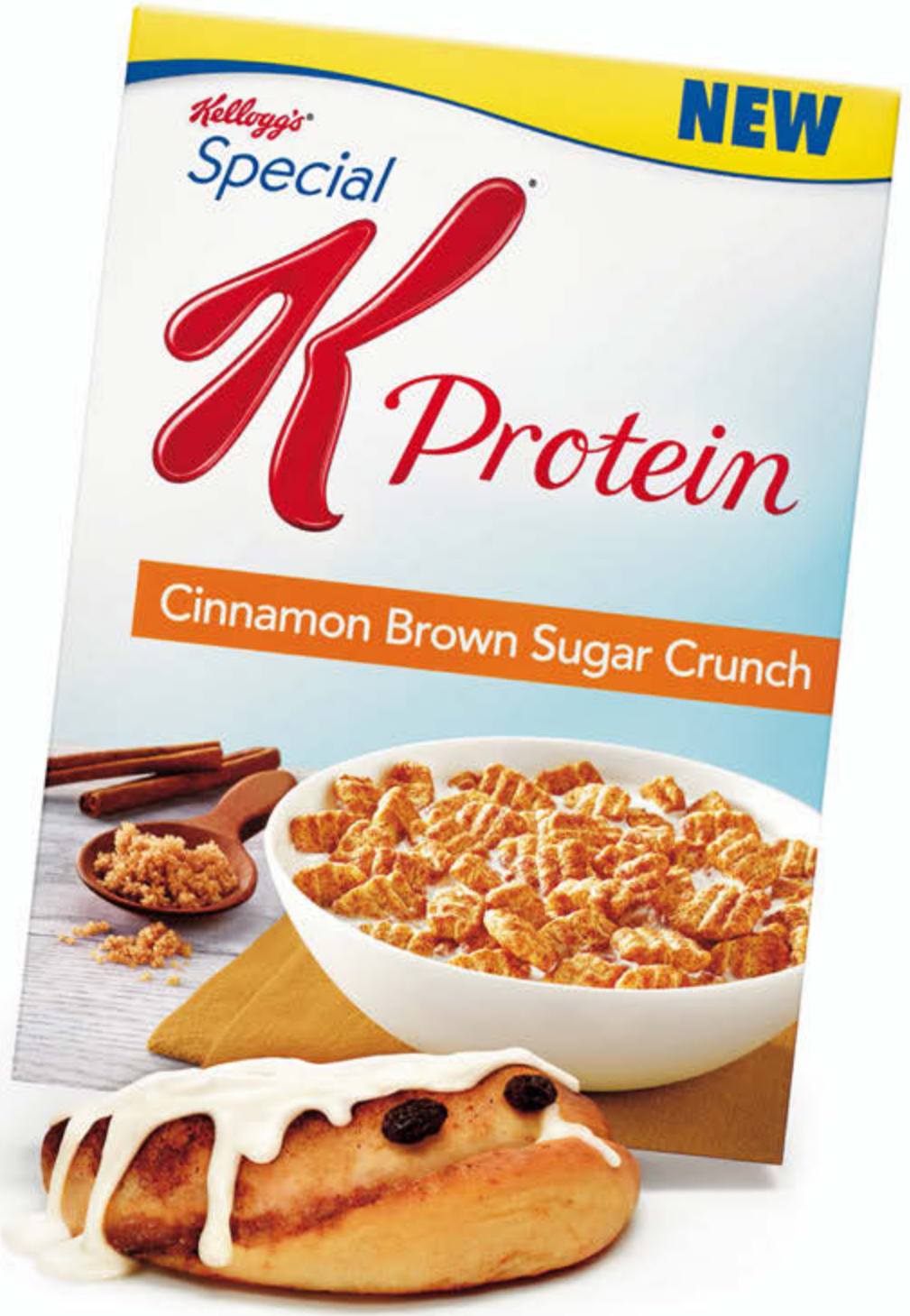
The Lie: Fruits and Veggies Are Magic Bullets

REALITY: Produce may carry a "health halo" (i.e., it can do no wrong), but the *American*

TRAVIS RATHBONE/TRUNK ARCHIVE


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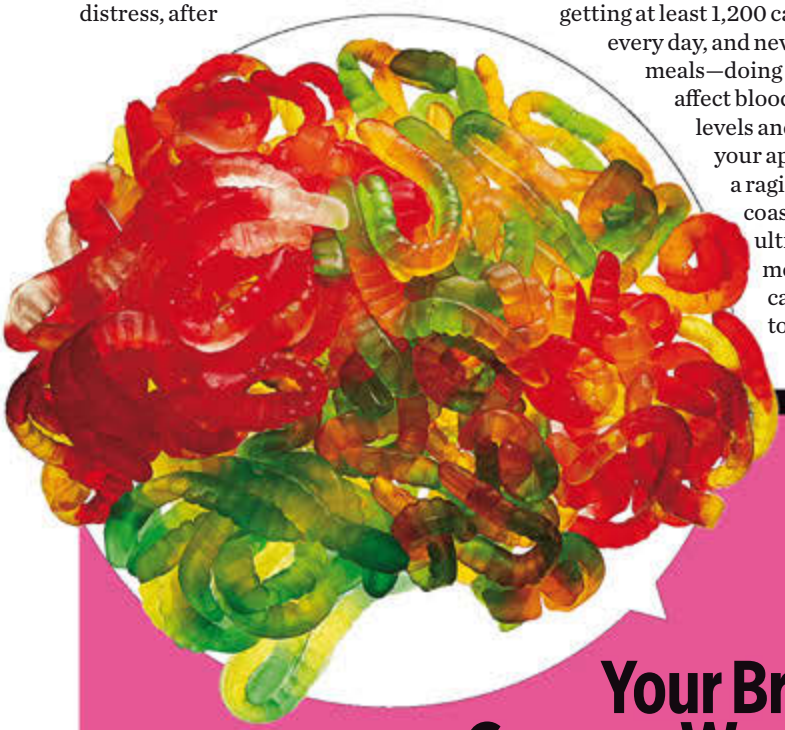
Journal of Clinical Nutrition found that while eating more of it may increase the nutrients in your diet, it had practically no impact on weight. Now, this isn't a free pass to slash grapefruit and broccoli from your plate. The key is to hone in on the types and portion sizes of the fruits and vegetables you *do* eat. Some restaurant salads, for instance, top 1,000 calories—more than a bowl of fettuccine Alfredo!

The Lie: It's Best to Set a Reasonable Goal

REALITY: Convincing yourself that you can crunch your way to Bey's abs sounds like a setup for disappointment (after all, you probably don't have a job that pays you to work out). However! Pie-in-the-sky dreams may help you work off actual pie more efficiently. A study in *Obesity* found that, versus smaller goals, those that were deemed unrealistically high (e.g., shedding 24 to 30 percent of total body weight) were associated with more weight loss, and no psychological distress, after 18 months. Other research suggests that focusing only on small, incremental changes can put the kibosh on your pursuit of a bigger one, because at the first milestone you feel as if you've already achieved what you set out to do. By creating a lofty goal, says Politi, you may be more likely to challenge yourself and lose more than you would have otherwise.

The Lie: The Fewer Calories, the Better

REALITY: It's true that you need to drop cals to drop pounds. But one of the main reasons people hit weight-loss plateaus is because eating too little can slow down the calorie-torching furnace known as your metabolism. And hunger pangs may interfere with the process that transforms white fat (the unhealthy kind that ups your risk for heart disease) into brown fat (the good-for-you type that—*yesss*—helps burn calories), per research from Yale School of Medicine. Make sure you're getting at least 1,200 calories every day, and never skip meals—doing so can also affect blood-glucose levels and send your appetite on a raging roller coaster that's ultimately more likely to cause you to overeat. ■



LEVI BROWN/TRUNK ARCHIVE

Your Brain on Gummy Worms

Candy, chips, and takeout could mess with your mind as well as your waistline, suggests a recent study. After rats were fed processed "people food" for two weeks, they responded less to normal stop-eating signals from their brains—and showed more of a reaction to junk food even after they were back to eating healthfully. The implication: An extended bender may rewire your brain to crave crap eats...even when you're full. One more reason moderation is best.

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You Lose, You Win

"I started over—and it's awesome!"



Growing up in West Bridgewater, Massachusetts, Hanna Preston played soccer and took dance. But that wasn't enough to offset her after-school snacking. "I'd come home and have a few chips, a few cookies, some juice...whatever was around," recalls Hanna, now 21 and an accounting major at Lasell College. In high school, she abandoned sports to focus on her academics, and she stopped walking most places when she got her own car. The number on the scale continued to climb; by her junior year, Hanna stood 5'10" and weighed 265 pounds.

The Change

Following a family member's diabetes diagnosis, Hanna knew in the back of her mind that her size put her at risk for the disease, especially if she kept gaining. With college on the horizon, she took action. "My biggest motivation was knowing I had a shot at a new beginning," she says.

The Lifestyle

Hanna searched for yoga and body-weight workout videos online and committed to doing one each night, even if it was only 15 minutes long. As she grew stronger, she invested in sets of three- and five-pound free weights to make the moves more challenging.

With her family physician's supervision, she overhauled her diet, building her meals around lean proteins like fish and skinless chicken, skipping second helpings, and cutting way back on junk food. Over the next two years, she dropped nearly 100 pounds. Determined to avoid the freshman 15, Hanna stuck with her fitness DVD's and took frequent walks around campus. By that summer, she'd reached her goal weight of 155.

WH Online
Get inspired by more success stories at WomensHealthMag.com/SuccessStories.

The Reward

In addition to dodging a major health bullet, Hanna now has energy (and time!) to spare. "I used to spend hours fussing with my hair and makeup, trying to draw attention away from my weight," she says. "These days, I feel good about how I look."

Hanna's Tips

> **Don't overdo it.** "Every one of your workouts doesn't have to be extreme. Even just taking the stairs instead of the elevator is better than nothing."

> **Be prepared.** "I try to cut up lots of veggies in advance so there will always be some handy when I'm hungry."

> **Make smart swaps.** "My go-to for a savory fix is steamed edamame—crunchy, but so much better for you than chips."

All You Can Eat

Forgive the buzzkill, embrace the truth: What a portion actually looks like.

Avocado

One proper serving (two tablespoons) is roughly the size of a dental floss container.

50 cal / **5** g fat / **2** g fiber



Holy guacamole! Even healthy fats add up, so dip sparingly.

11 LAZY WAYS TO BURN MORE CALORIES

>SLURP SOME JAVA.
Caffeine can help boost calorie burn for up to three hours. Not into joe? Try tea.

>HOLD (UN)STEADY.
Using a stability ball can kill 260 more daily cals than parking your butt in a chair.

>GO PALEO-LITE.
Cut carbs two days a week. Odds are, you'll lose more than full-time devotees.

>GRAB SOME GUM.
Chew to thwart snacking. Translation: You'll likely eat up to 10 percent less.

>DIAL IT DOWN.
The room temperature sweet spot for melting fat: a cool 64 degrees.

>ORDER THAI.
Spices in this tasty grub can spike your metabolism by 23 percent.



>TAKE A DAY OFF.
Strength training twice a week versus thrice a week can yield the same muscle.

>STAY SANE.
Stressed women work off about 104 fewer calories than those who are calm.

>SKIP THE SECOND.
Knocking back two beers may slow down fat blasting by 73 percent.

>GET FIDGETY.
Tapping your feet or pacing can burn hundreds more cals than being still.

>SWEAT FOR LESS.
Just 10 minutes of moderate exercise helps rev metabolism for an hour.

CLOCKWISE FROM TOP LEFT: BRAD DECECCO; NO CREDIT (INSET); AUSTIN BUSH/GETTY IMAGES (FOOD); ISTOCK (DENTAL FLOSS); JONATHAN KANTOR/GETTY IMAGES (AVOCADO)

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HOMEMADE UPGRADE:

Eggplant Parmesan

Each month, your favorite dishes get a healthy and delectable do-over with tips from Keri Glassman, R.D.

PURPLE REIGN

Eggplant's anthocyanins, a.k.a. the compounds that give the veg its deep violet hue, may protect your noggin against aging.

BE A GRAIN-IAC

Replace breadcrumbs with naturally gluten-free quinoa for a dose of heart-healthy fats and lots of filling fiber. To enhance its slightly nutty flavor, toast raw quinoa in a skillet over medium-high heat for a few minutes.

CHEESE, PLEASE

Parm delivers plenty of calcium, and a two-ounce serving contains 35 percent of the recommended daily amount of protein.

THE REAL SPICE OF LIFE

Oregano doesn't just give this dish a flavorful kick—the Italian herb is high in antioxidants and can fight disease-causing inflammation in the body.

SOMEONE TELL POPEYE!

Spinach, loaded with immunity-boosting carotenoids, is even healthier when served with sauce: The marinara's vitamin C helps your body absorb spinach's iron, a nutrient women consistently fall short on.

- 1 large eggplant
- 2 zucchini
- 2 Tbsp olive oil, plus more for roasting vegetables
- ¼ tsp sea salt
- 1 cup low-fat mozzarella
- 1 cup freshly grated Parmesan, divided
- ¼ cup chopped fresh oregano
- ¾ cup quinoa
- ¼ cup chia seeds
- ¼ cup fresh basil
- ¼ tsp freshly ground pepper
- 1 jar marinara sauce (24 oz), no added salt or sugar
- 2 cups fresh spinach

MAKES 6 SERVINGS Per serving: 350 cal, 18 g fat (5 g sat), 33 g carbs, 11 g sugar, 510 mg sodium, 8 g fiber, 18 g protein



1

Preheat oven to 400°F. Peel the eggplant and zucchini and slice each lengthwise.



2

Brush both sides of vegetable slices with oil and arrange on a baking sheet. Sprinkle with salt and roast until tender, about 12 to 14 minutes.



3

Combine mozzarella, half the Parmesan, and oregano. Separately, mix quinoa, chia, remaining Parmesan, 2 tablespoons oil, basil, and pepper.



4

Spread half the marinara in a baking dish. Layer with half the vegetables, spinach, and cheese-oregano mixture. Repeat. Top with quinoa blend and bake for 25 to 30 minutes.

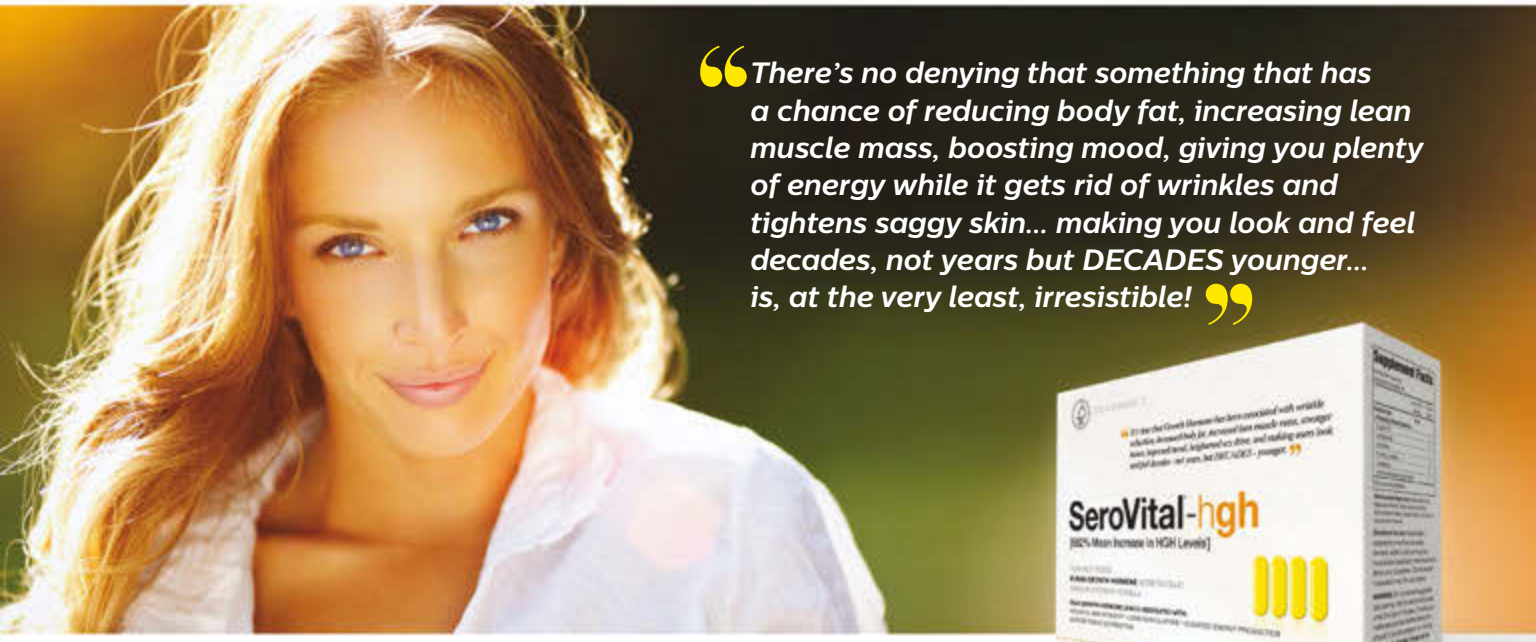
FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN; SON OF ALAN (ILLUSTRATIONS)

PHOTOGRAPH BY TRAVIS RATHBONE

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Growth Hormone:

Why We Can't Stop Talking About This "Anti-Aging" Breakthrough!



It seems the press can't stop talking about human growth hormone (hGH). A recent article in a leading women's magazine starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. And a revolutionary oral growth hormone booster called SeroVital®-hgh has been making headlines. After the famed Dr. Oz himself introduced the research behind SeroVital to his audience and said, "I've been searching for this since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call HGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

how SeroVital works

First off, let's be clear: SeroVital-hgh DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but ***seven*** United States Patents to protect it from imitators.*

the cost factor

At $99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as $1500 a month, $99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-486-0507 or SeroVital.com. Use promo code **HGH294** for free shipping.†

*SeroVital-hgh is protected by U.S. Patent Numbers 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,747,922 and 8,765,195. †Free shipping in the continental U.S. only. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. All trademarks are the property of their respective owners. ©2015 All Rights Reserved. BR15385-1

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Awkward to Awesome

Farting in bed with a hookup. Whipping out a sex toy...only to be met with your husband's horrified face. Experts offer "doing it" damage control—and suggest how you can use any eek moment to strengthen your bond.

By Anna Davies

The spontaneity that can make sex so amazing (*mmm, what was that?*) can also make it absolutely cringey (*OMG, what the eff was* that*!?*). Here's the thing, though: Embarrassing bed seshes happen to the best of us. And while a rogue queef may kill the mood, there's an upside in the long run. "The less-than-romantic times give you both a chance to show your vulnerability, to bond, to feel closer," explains Emily Morse, a sexologist and host of the podcast Sex with Emily. And let's not forget: to laugh your ass off about it later! We rounded up eight "help!" scenarios straight from real women—single and in LTR's—along with expert insta-fixes. Because if any of this happens between *your* sheets, you'd want to solve it fast and get back to getting off, right? Right.



Finding your beat in bed can be tricky.

EEK moments for...
NEW COUPLES

1/ BUMPING, NOT GRINDING

"I had an amazing connection with a new guy, but the first time we had sex, it was so awkward. We had no rhythm, it was clear neither one of us was going to finish, and, in the end, we were both left unsatisfied." *—Becca,* 31, dating (but not this guy!)*

DO THIS: Give it a second chance. "When you feel immediately connected to a person, it's natural to assume the sex will rock your world, but the truth is, great sex comes from knowing each other's bodies—which often isn't possible the first time," says Morse. That's why communication is key in round two. "Ask him what feels good or what types of pressure he prefers, and tell him when he's doing something that feels fantastic," says Claire Cavanah, Babeland cofounder and the coauthor of *Moregasm: Babeland's Guide to Mindblowing Sex*. Still no connection after a few more tries? Then it's time to move on, sister.

2/ HOOTIN' AND TOOTIN'

"I queef. A lot. It's distracting and it totally ruins the moment!" *—Beth, 24, single and dating*

DO THIS: Laugh it off. Queefing—the fart-like sound emitted by your vagina—is as common as trombones in an orchestra. It's produced when air escapes your opening, and men should be accustomed to it, especially if they get thrust-happy or prefer positions that allow for deeper penetration (such as doggy-style or missionary with your knees bent up toward your chest), says Morse. You can quiet that cacophony in your box seats by instructing him to make slower, more deliberate movements. It also helps to do Kegel exercises regularly—toned muscles can help keep the sound from slipping out. And if it's a noise coming from, ahem, a different opening? Suck it up and giggle again. Since an orgasm can cause *all* of your muscles to loosen, you can't really control bum noises (and hey, neither can he). If you're super paranoid, though, steer clear of certain foods—think beans, artificially sweetened treats, and fatty stuff—before you get busy.

3/ SPEAKING IN TONGUES

"I started talking dirty in the bedroom, thinking the new guy I was dating would be into it. Instead, he froze and told me to stop because it was freaking him out. Nightmare! How can I push the reset button?" *—Tasha, 32, dating*

DO THIS: Temper your advances for now. Getting all Sexy McTemptress on the dude can make him self-conscious about his own performance and wonder if he'll be able to keep up. There's value in taking it slow and letting your bodies do most of the talking, says Fran Walfish, Psy.D., a Beverly Hills couples therapist and panelist on WE TV's *Sex Box*. Next session, instead of moaning an overtly X-rated script into his ear, simply describe exactly what he's doing and the effect it's having (like, "You feel so good inside me"). If that gets him going, the two of you can gradually build a dialogue from there that rings as genuine (and hot) for both of you. As Walfish points out, "When you're trying to act like who you think he wants you to be, you're creating a wall between the two of you." And walls don't work in bed, FYI.

4/ EMOTIONAL WRECK

"Sometimes I cry during sex, especially after I've had an orgasm. It's just a rush of emotions, but it definitely detracts from the experience. The last time it happened, I know it weirded out the guy I've been seeing." *—Kate, 33, dating*

DO THIS: Respect—and go with—your flow. After all, these tears are not something you can necessarily control, says Heather Meggers-Wright, Ph.D., a sex therapist and associate professor of psychology at Birmingham-Southern College. "People sometimes cry during good sex because of the release of oxytocin, which can magnify emotions." Oxytocin is also believed to promote trust and empathy, which can make you feel like you're in a safe space to release any feelings you've been holding on to—like nerves from being yelled at by your boss earlier, or sadness from fighting with a friend. Since these scenarios have nothing to do with your bedmate, let him know that the waterworks are actually a sign that the sex was, um, incredible, then suggest lightening the mood by cuing up an episode of *Family Guy*.

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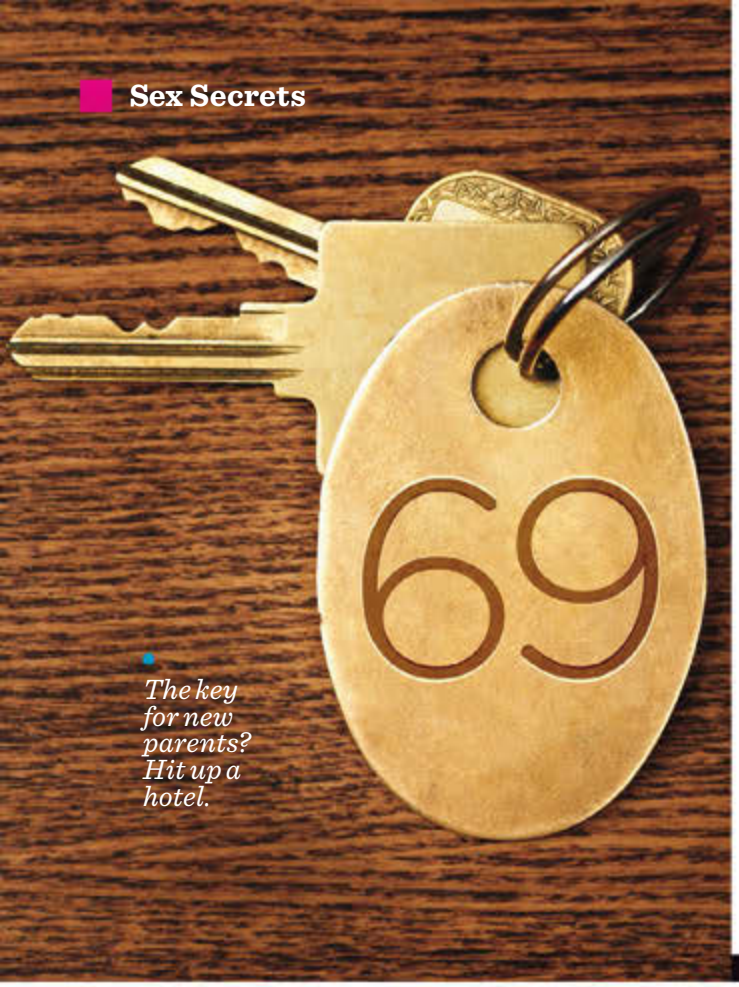
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The key for new parents? Hit up a hotel.

2/ HI, BABY. BYE, PLEASURE!

"My husband and I had a baby last year, and sex has never been the same since. It's not as frequent, and when we *do* have it, we're either beat or going through the motions. The last time, I actually fell asleep while he was on top of me!" ***—Meg, 33, married for five years***

DO THIS: Go easy on yourself. There's nothing wrong with maintenance quickies, which can keep intimacy alive when your schedule is insane. But if you want to fully recover from a sex drought, you need to get back in tune with each other first. "Start with a long, hot make-out session that allows you to spend time touching and exploring," suggests Morse. Better yet, book a couple's massage to help reacquaint yourselves with each other's pleasure points. Soon, you'll be back at it like the rabbits you were. And if the baby monitor keeps buzzkilling your vibe, book a sitter and head to a hotel for sexy times.

4

ORALLY CHALLENGED

"I was going down on my BF when I started gagging—and, OMG, actually spat out some of the romantic dinner we'd just had. I'm now officially terrified of oral!"

—Lisa, 31, in a relationship for one year

THE FIX: Regain your confidence. The truth is, your stress level and, yes, even what you had for dinner can mess with your oral game, say experts. (Fun fact: Having an overly full or empty stomach or drinking alcohol can loosen the trigger on your gag reflex. Not fun.) But that doesn't mean you should completely avoid ye olde fellatio. The next time you venture downtown, remember to relax and breathe through your nose, suggests Morse. Then grip your man midway down his shaft with your index finger and thumb, moving your mouth up and down only to that point. ■

***UGH moments for...* LONG-TERM COUPLES**

1

OUT OF THE TOY CHEST

"I brought a vibrator into the bedroom. My husband laughed, then clammed up. I'd still love to try it, but I'm nervous to bust it out again."

—Jane, 34, married for four years

DO THIS: Your man may mistakenly take this as a sign that he's no longer doing it for you. We know, loony tunes! You just want to experiment, right? So set aside a time to talk about your fantasies (and his, too) when your clothes are still on, says Cavanah. Pick your top five desires and discuss each of them with a "yes," "no," or "maybe" response. If one of your ideas is a definite no-go for him, suggest an alternate that he'd be more comfortable with. And if you're on the fence about an idea he's proposed, ask lots of questions (how he sees it playing out, what's hot about it to him, etc.) to come up with a mutual plan that's surprise-free.

3

BLAST FROM THE PAST

"My fiancé and I were in bed, and he blurted out his ex's name. He swore it didn't mean anything, but it still stung, and it's been hard to move past it." ***—Britta, 27, engaged***

DO THIS: Channel *Frozen*, and let it goooo! "Our minds go to many different places in bed, and it doesn't mean that he wishes he were with her instead of you," says Karen Stewart, Psy.D., a Los Angeles–based sex therapist and psychologist. It's possible that jitters from a major relationship transition—like, ahem, getting engaged—have turned his brain to mush. In any case, don't stress, since a WTF reaction will negatively affect both of you (and, hello, end your session!). Instead, playfully tell him you'll give him a reason to never forget your name.

CALL A MEDIC!

A good chuckle can be the best medicine for most sex slipups, but in certain cases, medical attention is in order.

You've got post-sex pain. Sharp lower-abdomen jabs could be a sign of an ovarian cyst. Itchiness in and around your vagina? It might be a yeast infection or UTI. Either way, get checked out.

You banged (actual) heads. Experiencing confusion? Loss of consciousness? Book it to the ER to make sure it's not a concussion, which could have lasting consequences.

His penis broke! Though rare, fractures can happen. If you heard a loud snap or pop, and he's in unbelievable pain, hightail it to the doc ASAP to have his member examined.

He said he could feel your IUD. This one is normal, especially if the IUD has recently been inserted. Had it for a long time? If it's a recurring nuisance, visit your doc to see what's up.

SOURCES: *Jennifer Landa, M.D., gynecologist and chief medical officer of BodyLogicMD in Orlando, Florida; Bradford Tinloy, M.D., emergency medicine physician at Yale–New Haven Hospital*

NATHAN PERKEL/GALLERY STOCK

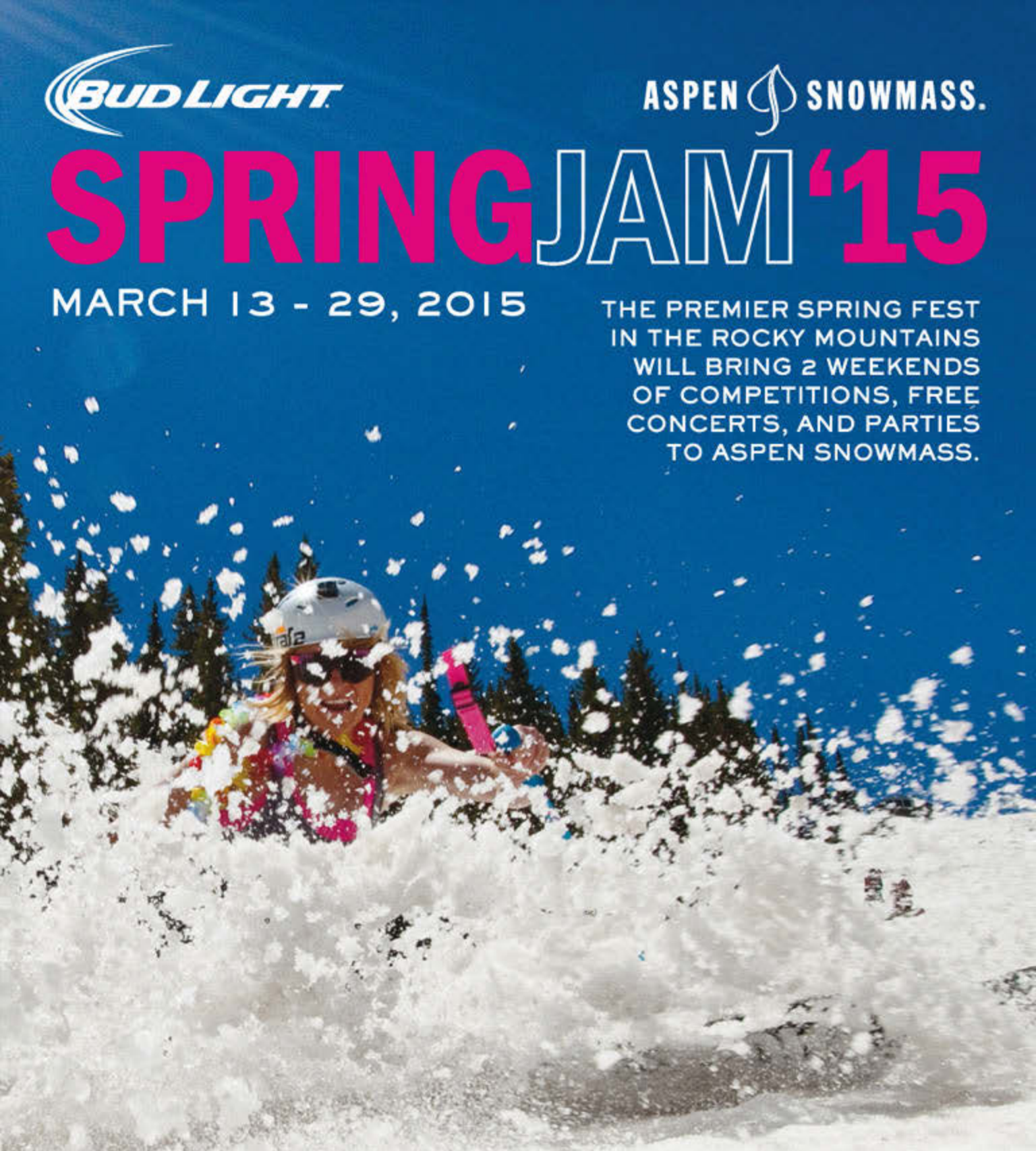
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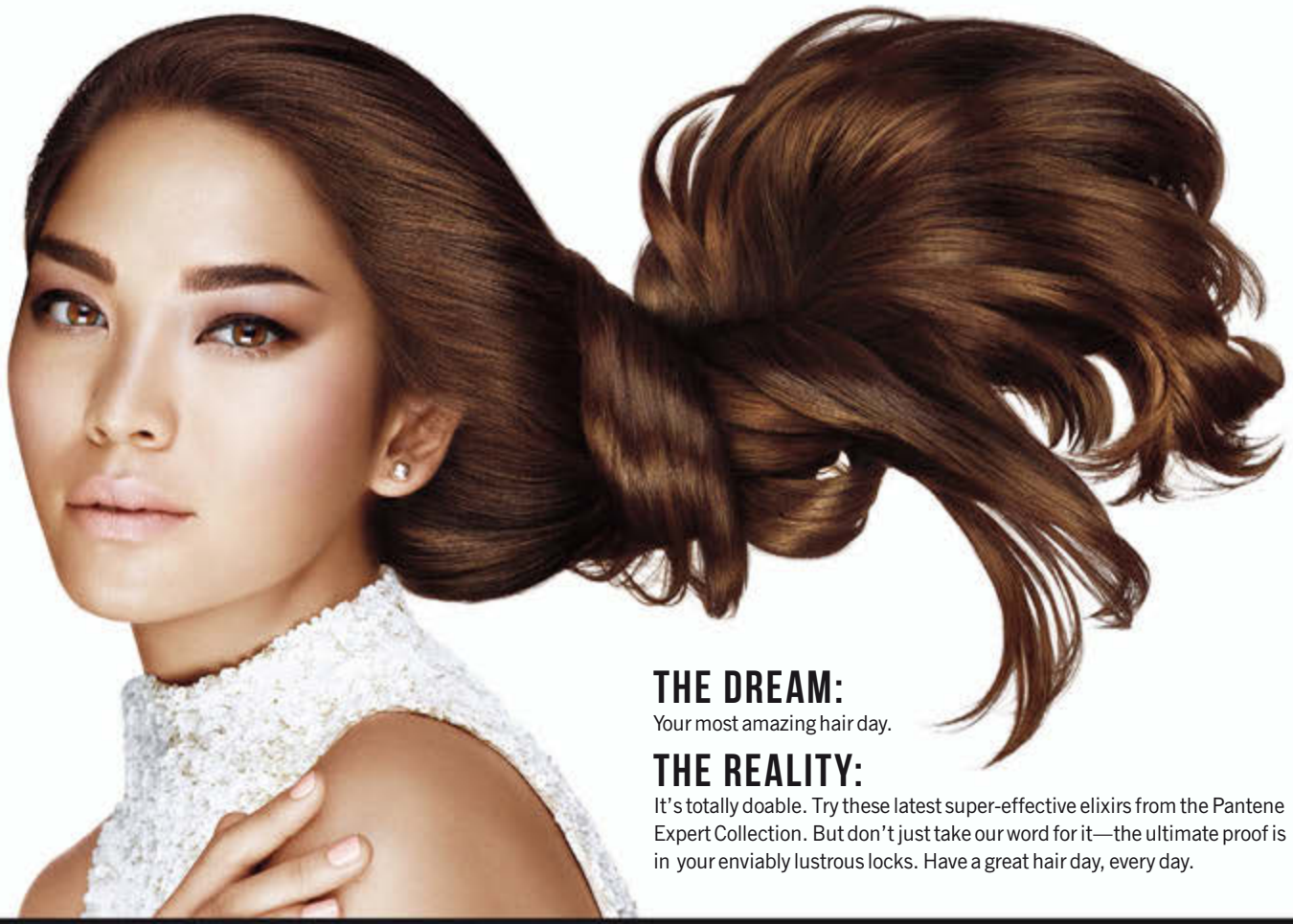
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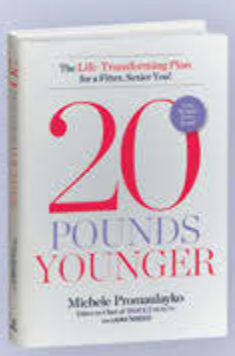


FLOWERS ARE NICE, BUT TELL HIM WHAT *REALLY* MAKES YOU SWOON.

Love in Bloom

Finally: hard proof that when he makes you happy, the relationship soars. And when his efforts backfire? That's where we come in. *By Faye Brennan*





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Cheers to us, ladies: We definitely wear the pants in our relationships. A recent study found that when a woman is happy in her marriage, both her and her hubby's overall marital and life satisfaction increase. But if she's less than thrilled with her other half, you better believe they're both miz. "A happily married woman may be more likely to offer support—such as helping with meals, giving encouragement, or even having more sex—which enhances the husband's life," explains study author Deborah Carr, Ph.D., a professor and chair of sociology at Rutgers University. See that? Everyone wins!

But here's the catch: What men *think* will make us blissful in our union is often very different from what actually does. Allow these scenarios to explain what gets lost in the nicest of men's efforts. Then use our pro tips to ensure that, no matter what happens, you and he won't worry...you'll simply be happy.

HIS MOVE

Your guy comes home with an unexpected gold necklace for you, "just because." It's a gaudy bauble that he says he's noticed a lot of coworkers wearing.

You feel: Annoyed...and slightly invisible. This piece is so clearly not your style (can't he see that?!). Not to mention it required zero originality on his part, which stings.

Make happy happen: "Look for the intention behind the gift rather than the immediate circumstances," says Karl Pillemer, Ph.D., author of *30 Lessons for Loving: Advice from the Wisest Americans on Love, Relationships, and Marriage*. Clearly, your guy was thinking of you and wanted to get you something nice. Why he hasn't picked up on your unique taste in jewelry yet? Perhaps he's too busy noticing all the other awesome things about you. At the very least, you should give him credit for attempting to surprise (and delight) you: In Pillemer's research of long-married couples, he found that spontaneous present giving boosts relationship satisfaction. But it's also fine (and good) to let your dude know that, next time, it would mean even more if he picks out a more personal prezzie.

HIS MOVE

He says "You clean up nice" or "You look skinny in that dress" as you're heading out for drinks with the girls.

You feel: Um, oh-kaaayyy. So usually I look messy, pudgy, or both? Thanks a mil, honey.

Make happy happen: "Although you know he's complimenting you, what he said does have a mixed message," says Margot E. Brown, Psy. D., a marriage family therapist and author of *Kickstart Your Relationship Now!*. Without getting defensive or passive-aggressive, just ask him to clarify (a simple "Sorry, I'm confused. Does that mean you like this outfit?" works). Odds are, he'll explain that he simply meant to applaud your beauty, not offend you. In which case you should thank him, then offer a helpful hint: "Say, 'When you look me in the eye and just tell me I look hot, it makes me love you even more,'" suggests Brown. No confusion there.

You should give him credit for at least *attempting to surprise* you.

HIS MOVE

He brings you to a work event and won't leave your side. For a second. He even waited for you outside of the bathroom.

You feel: Like a dog on a leash. Is there a trust issue here?

Make happy happen: If he's

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not usually such a stage-five clinger, then "his behavior is probably a noble attempt to make sure you're having a good time and not feeling lonely," says Pillemer. While you may not appreciate it, being up your ass the whole night is his way of showing he cares. (Now there's a Hallmark card we'd like to see.) Reassure him by saying, "Babe, I'm having a great time, so why don't you go talk to your office buddies? I think the way you're shadowing me is even freaking them out." Once you've acknowledged his intentions, he'll lighten up, says Brown.

HIS MOVE

He typically takes the trash to the curb, but tonight it's chillin' in the kitchen. However, you notice the laundry (your chore) is all done.

You feel: Irritated, somehow—as if this is his sneaky way of getting you to handle his dirty work. Couldn't he have done both? *IS THAT SO MUCH TO ASK?!?*

Make happy happen: Slow your roll, sweetheart. "A solid relationship is made up of many small gestures like this, and he was likely expecting you to be pleased," says Pillemer. Should he have trashed the trash *and* washed the clothes if he really wanted to wow you? Of course. But it's wrong to assume that he didn't do both because he's trying to put one over on you. "Research shows that chores are one of the most contentious issues couples face. However, your man already has the right mindset because he's willing to share the load," says Pillemer. So stop overthinking things, recognize his efforts with a gracious "thank you," then meet him halfway by leaving the garbage bag by the front door for him. Teamwork! ■

WHY MEN **F--K UP**

Writer and comedian Josh Gondelman explains the well-intentioned reasons fellas can get grand romantic gestures so very, very wrong.

In college, I was dating a lovely girl for a few months before we went home for summer break. Being the creative gent that I am, I decided to send her weekly packages stuffed with trinkets I came across (like a comic book starring Bon Jovi) and letters I wrote as myself or another character (like the head of the Bon Jovi fan club—did I mention she liked Bon Jovi?). I wanted each mailing to convey that I was fun, exciting, and devoted to her. Instead, I came off, at best, like a desperately needy child—and, at worst, like a serial killer in training.

"You don't have to send these every week," she told me over the phone. Of course I didn't have to, I said. I *wanted* to. Isn't that what good guys do? (Answer: No, it's what creeps do.) Determined to be more lovable, I doubled my delivery efforts. She broke up with me as soon as we returned to school.

Years later, I was dating another lovely woman, but after 18 months, we were on the outs. Naturally, I suggested we take a trip to San Francisco. It would be fun! It would help us fall back in love! Right. It was not fun. We ended things on the last night of the trip.

What I've learned? Big romantic gestures are only as strong as the relationships they happen in. If your foundation is solid, then an elaborate proposal will most likely end with a "yes." But if it's crumbling, even the most well-intentioned deed can apply a type of pressure that your bond may not be able to handle. That's why it's important to ask yourself: Is it your partner's efforts that annoyed you, or is it him? Because if it's the latter, chances are you'd still be cranky with him on a private jet while wearing a bathing suit made of hundred-dollar bills. But if it's the former, you can calmly explain to him that comics about a New Jersey rocker are not the way to your heart.



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Summer's Eve

5 JUICY QUESTIONS FOR Eddie Redmayne,

33, star of *Jupiter Ascending*



1 What is the craziest thing you've done for love?
A week after my first date with [now wife] Hannah, I was going to Italy. I managed to persuade her to come with me. So yeah, our second date was in Florence. It was crazy on her half, trusting me.

2 What do you think when you look in the mirror?
I see a lot of freckles. I see a lot of lips...I am definitely grateful for them. I think my lips helped get me cast as Angelina Jolie's son in one of my first films, and my freckles helped get me cast as Julianne Moore's son in a film, so I am not complaining. You have good days and bad days, you know?

3 Is it ever okay to lie to your partner?
No. Your partner has to be the one person who gets to see you transparently. But that's sometimes easier said than done...the occasional little white lie might slip in.

4 You're 33, but you look 18. What's your secret?
I've never had a "regime," if that's what you're asking. I do use a bit of moisturizer, but that's about it. Although in *Jupiter Ascending*, my character is a sort of tycoon, and his product is a serum that makes people stay young, but it's made of human bodies. As far as I am aware, I haven't been using that.

5 If you had a month off, what would you do?
Oh god, a dream! I have never done that thing of going to a beach where there is literally nothing but transparent water, white sand, and one sporadic palm tree. To go with Hannah and read—then I am at my most relaxed.

—Faye Brennan

Fast Talk

- **Stay home or go out?** Home.
- **Perfume or nothing?** Perfume.
- **Favorite dish to cook?** Coq au vin. It's basically chicken in red wine.
- **Your bromance crush?** What does that mean? Is that like someone who is a friend? Yes, [actor] Tom Sturridge.
- **Your hero?** Wow. My dad.
- **What do you sleep in?** I sleep naked.

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It's a Dirty Job...

...but you've gotta do it if you want to get ahead. Yes, we're talking networking. Everything you need to know to work a room (and your contacts) like a boss—and still be able to live with yourself in the morning.

By Stephanie Anderson Witmer

You want to kill it in your career, but you'd rather pull overtime until your eyes cross than hit up another business mixer. We get it. And so do a lot of other people. A recent study found that networking makes some of us feel dirty—literally physically unclean. Thing is, if you're job hunting or itching for a promotion, mingling is a must. In fact, one survey found that around 80 percent of positions aren't even posted.

Well, here's some reassuring intel: Women tend to be better than men at creating the authentic bonds that are key to successful networking, says Devora Zack, author of *Networking for People Who Hate Networking*. To grease your social wheels even further, we've zeroed in on the top five reasons networking can feel gross and asked pros how to overcome the squeamishness so you can start connecting.



Get filthy, get rich: 46 percent of people nabbed their current gig through networking.

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Work events can leave you feeling sour.

THE WHOLE THING FEELS SO FORCED.

Yes, the traditional concept *is* artificial. Much like speed dating, networking events that bill themselves as such just don't reflect how we naturally interact best—in a low-pressure situation, with peeps we're already somewhat acquainted with. That's why you might push yourself to find common ground in ways that feel inauthentic (falling into jargon-speak, laughing at bad jokes) and not get very far for your efforts.

GET OVER IT!

"You don't need to go to a networking event to network," says Jenny Powers, founder of Running With Heels, a women's-only networking group in New York City. To deepen your connections organically, invite a few work buds to grab drinks, and ask each to bring an industry plus-one. You'll strengthen your bond with your colleagues (which translates into more on-the-job support) while meeting new people, says Derek Coburn, author of *Networking Is Not Working*. Other nonwork opportunities to widen your social circle (and hopefully get future leads): Join a book club, talk to parents at your kids' schools, or scan Meetup.com for events that you'd go to even without the promise of a career opp.

JUST THE IDEA OF PLASTERING ON A BIG GRIN DRAINS YOU.

Having to talk to strangers + a crowded hotel ballroom full of 'em = a shy person's fresh hell.

GET OVER IT!

Work with—not against—your personality, says Zack. Say you're headed to an event. Arrive early, before everyone pairs up, and make a beeline for the buffet or bar. Ask the person next to you an easily answered Q, like "So which company are you with?" says Amanda Steinberg, founder of the financial site DailyWorth. Then break down your goals into more bite-size pieces: Circulate for 20 minutes instead of an hour; introduce yourself to three people, not 15. Take solo breaks in a quiet spot when you need a second to recharge.

Or head online, where you have more control. Send a friendly catch-up e-mail to a former coworker who has a job at your dream workplace, for instance. Keep it brief and don't ask for anything right off the bat, especially if she just landed a new position. Instead, share an interesting link (either about your field or a topic you've chatted about before), or congratulate her on a recent success. Two to three months later, after you've had an exchange or two, it's fine to ask her to pass on your résumé or make an introduction. Once she's done that, schedule a real-time rendezvous. "Online networking is great for making contact, but it can't replace face-to-face interaction," says Powers.

YOU GET TONGUE-TIED TALKING TO BIGWIGS.

Chatting up senior types who may offer you a job one day is smart, but nerves can make you clam up (or worse, word-vomit).

GET OVER IT!

Do your homework. If you are attending an event and know a VIP you want to impress will be there, prep a 20- to 30-second intro that includes your name, what you do, and what you enjoy about it. This will allow you to talk confidently without rambling—or going mute. Then shift the focus to her. "Have something specific to say about

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HYDROXYCUT Appetite control

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Read the entire label before use. © 2014

her work," says Zack. Don't ask to "pick her brain" (everyone does that); mention her column in the company newsletter, for example. Google-stalk in advance if you need to gather info. Keep the convo under five minutes, then gracefully make an exit. ("This was a pleasure—I'm sure you have a million other people to chat with.")

Rarely in a room with senior brass? E-mail a big cheese and tell her why you'd like to talk (example: You have an idea to pitch). Say you'll meet wherever is most convenient for her, and you only need 15 minutes. Prepare talking points to keep yourself on target.

IT'S AWKWARD TALKING ABOUT HOW FAB YOU ARE.

Most of us were trained early on not to boast. That's selfish, right?

GET OVER IT!

Please. Networking requires some horn tooting. To play up your wins without coming across like a braggy jerk, share a brief anecdote that shows what you can do for the person you're talking to, not the other way around, says Lynne Waymon, CEO of Contacts Count, a business networking-training company in Washington, D.C. Instead of "I'm a senior vice muckety-muck of outreach" (*bo*-ring), you might say, "I help people get the word out when they start a new business. One of my clients just got mentioned on the front page of the *Washington Post*. I'm so thrilled for her!" Powers says, "People can typically tell genuine enthusiasm from blatant self-promotion."

IT FEELS LIKE A WASTE OF TIME.

Your hands are covered in paper cuts from passing out business cards, you've gone to so many drinks powwows that the bartender knows your fave wine, and your wrists are sore from all those e-mails you've been sending. What you've gotten in return? Bupkis.

GET OVER IT!

Odds are, you're overdoing it—too many events, too many contacts—which can prevent you from following up in a meaningful way, says Zack. The next time you meet someone you want to keep tabs on, connect with him on LinkedIn, and send a brief e-mail within two days. (The exception: Don't do it on Monday, the day people tend to be swamped. Or Friday afternoon, when they're trying to get out the door.) Remind him of your conversation, and if you promised to do something (like e-introduce him to a colleague), do so. No response? Wait two weeks and then send a second e-mail. If you hear crickets after that, cut your losses and move on.

Also: Check your balance. If your efforts are a bit lopsided (too much online networking and not enough face time), lean the other way. You'll reach out to fewer people—but the interactions will likely be more fruitful. ■



The Social Networks

More than a third of all employers peruse social sites during the hiring process. When they stumble upon your feeds, make sure they like what they see.

LINKEDIN
Post a profesh-looking photo and clearly state your current role. Highlight skills that pertain to your career goals.

TWITTER
Follow leaders in your field and retweet their content (keep it to once a day or less, otherwise it can come off as creepy).

FACEBOOK
Set your privacy settings to "Friend" so potential employers can't be swayed by personal opinions they don't share.

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Let Me Help You... Make Good Habits

Contrary to popular belief, there's no one-size-fits-all approach. Five seemingly random questions offer amazing insight. Use your answers to form a tailored plan.



Gretchen Rubin
is the best-selling author of *The Happiness Project*. Her latest book, *Better Than Before: Mastering the Habits of Our Everyday Lives*, is out March 17.

Quick—look at your desk. Clear surfaces or pleasing piles?
Your answer holds a key to habit formation. So, say your goal is saving money. If you chose clear surfaces, you are likely drawn by the idea of "less" and would have better luck saving through elimination, like cutting cable. Abundance lovers are excited by "more," and might start a side business for extra cash.

When it comes to movies, you prefer...
A/ Watching the same ones over and over.
B/ Choosing a new film every time.
When creating a habit, B's may have greater success with a series of short-term activities than with trying to establish one enduring habit. I'm A all the way. When I was trying to form the habit of blogging, I created one blog and I post there six days a week. Meanwhile, a B-style acquaintance has bought tons of URL's and loves blogging for a variety of new sites.

Q/ WHAT'S MORE SATISFYING?

A/ Opening a new bottle of wine

B/ Scraping the last spoonful from the peanut butter jar

This simple Q taps into whether you're an opener (thrilled by the new) or a finisher (driven by completion).



I'm a finisher. Take working out: I like my strength-training gym, where I lift for 20 minutes and am done. An opener might prefer a gym with more variety.

Your spirit animal is a *turtle*
Are you the tortoise (a marathoner) or the hare (a sprinter)? This distinction is especially crucial on the job. People often resolve to not wait until the last minute to meet deadlines. But if you're a sprinter, you actually shouldn't change this behavior; you need pressure to ignite your creativity. Marathoners, on the other hand, often require long periods of time to be more inventive.

Are you a morning person or a night person?
Morning people (larks) and night people (owls) are more productive at different points of the day and should make plans accordingly. E.g., if you're an owl who's vowed to spend more QT with friends, you might bail on brunch but embrace p.m. book-club get-togethers.



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FORCE OF HABIT

Whatever your personality type, these guidelines help make change a cinch.

1/ Sleep, exercise, diet, and uncluttering form the basis of great habits. A friend told me, "I cleaned out my fridge. Now I feel I can switch careers." I knew just what she meant.

2/ Habit creation thrives on fresh starts, be they good or bad. A new job, a Monday, a breakup, even rearranging furniture can all be moments of opportunity.

3/ Make it easy to do right and hard to go wrong. Put a wastebasket near the door for sorting mail; store cookies in a tricky-to-reach spot.

4/ A highly effective habit-formation tool is "if-then" planning: "If I'm invited to dinner, then I'll have a snack before going so I won't be hungry and eat too much."

FROM TOP RIGHT: ELENA SEIBERT (RUBIN); AKININA ELENA/VEER/CORBIS (WATERCOLOR); COURTESY OF CROWN PUBLISHERS (BOOK); STOCKBYTE/GETTY IMAGES (CORKSCREW); KYNOSHINO/GETTY IMAGES (NAPKIN); BLACKRED/GETTY IMAGES (PEN)

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YOUR
BUTT...
OR YOUR
BLOW



OUT?

No catch-22 here. With our smart styling tricks, hot hair *and* a hot bod are all yours. By Karina Giglio Photographs by Eric Ray Davidson

BATTLE ROYALE:

In this corner, we have an incredible head of hair—so shiny, so voluminous, so impeccable down to the last flip. In the other, an epic sweat session—so drenchy, so invigorating, so *not* what you looked like before the warm-up.

For scores of health-conscious females who want their blowouts to have as great a run as their treadmill sessions, the struggle is real. "Working out can release sodium from the skin, which can make all hair unmanageable," says hairstylist Ursula Stephen. "This is especially problematic for women with chemically treated hair." And these days, that's pretty much *every* woman. Blowouts, color, relaxing...you'd sooner meet an actual virgin than a chick with virgin hair. All those treatments cost a sh-t ton of time, fuss, and, of course, money. According to a Tresemmé survey, we spend about $50,000 over the course of our lives perfecting our locks. A chunk of that cash is going to blow-dry-only salons. Drybar, for instance, cranks out over 100,000 blowouts a month.

So it's hardly shocking that more women are blowing off the gym to protect their investment. Some of us are avoiding it altogether. According to a study at Wake Forest School of Medicine, 40 percent of African American women surveyed said they had skipped exercise because they didn't want to ruin their hair.

New services are popping up to save us from ourselves. Some are convenient. Express salon companies, such as Glam & Go, will come straight to your gym. Other "fixes" are flat-out extreme. "Patients are asking me to inject Botox—which has been proven to control armpit perspiration—on their scalps," says Andrew Jacono, M.D., a facial plastic surgeon in New York City.

Cray! There's got to be a better way. And there is. "Women often think that once hair is sweaty, there's no fixing it beyond shampoo," says hairstylist Nunzio Saviano, owner of the eponymous salon in New York City. "But a few quick moves can make it look pre-gym amazing." Behold, the play-by-play on how to maintain your blowout for days on end—no matter your hair (or workout) type.





THICK CURLY HAIR

MANE ISSUE: "Even the smallest amount of moisture can cause curly, thick hair to seriously tangle," says hairstylist Nicholas Penna, owner of Boston's SalonCapri. Super annoying if you painstakingly sculpted every ringlet with a diffuser!

IN THE MORNING: Blend a golf ball–size amount of mousse (to define ringlets) and a quarter-size dollop of curl-enhancing cream or gel (to keep 'em flexible) in your palms. Starting midway down the hair shaft, apply and scrunch. Smooth the trace amount of product left on your hands along the hairline. ("Even if your texture is coarse, the strands along the hairline are so fine that using more will cause it to look greasy after you sweat," says Saviano.) Then air-dry or diffuse.

PRE-WORKOUT: Pull hair up into a high pony and secure with a strong, wide cloth elastic. Then braid the tail and secure—but loosely, since a tight hold can trap sweat and will also make it harder to reshape your waves later. If your hair is still grazing your neck—a hot zone for knots once strands touch wet skin—softly twist the braided pony into a loose bun; secure with bobby pins.

POST-EXERCISE: The salt and oils released during a heart-pounding workout can create sultry bedhead-ish waves without much effort on your part. Let hair air-dry for about five to 10 minutes, then undo your braid. Mix a couple of drops of a styling oil (think argan, macadamia, or coconut) with a pea-size amount of texturizing cream and scrunch onto ends only, for shine.

NEXT-DAY TIP: Lightly mist hair with a curl-enhancing spray—keeping the bottle six inches from your head—to reactivate product. "You don't want to make it wet. Just mist until you see the curl taking shape again," says Saviano.

SURVIVAL KIT



Mousse: John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, $10, at drugstores
Curl gel: Suave Professionals Luxe Style Infusion Curl Defining Gel Serum, $5, at drugstores
Wide cloth elastic: CyndiBands, $4.50 for three, cyndibands.com
Oil: Ojon Rare Blend Oil Total Hair Therapy, $35, ojon.com
Curl activator: Aveda Be Curly Curl Enhancing Spray, $20, aveda.com

DIRTY LITTLE SECRETS

Even if your hair can go days without a wash, what about your scalp? We posed a few Q's to Rebecca Kazin, M.D., of the Washington Institute of Dermatologic Laser Surgery and Johns Hopkins University, to address stench and itch.

Many lifestyle blogs promote the "no 'poo" regimen, saying you can train your scalp to produce less oil by shampooing less and less frequently. True or false?
I've never seen any proof that it's possible. You likely have an oily scalp or you don't—same as with your complexion. Those who wait five days or so between washing probably have very dry hair, so they may need the cumulative effects of five days of scalp oil buildup.

Let's be real: Unwashed hair can stink. How do you get around it?
Scented dry shampoo can be great because it covers up almost any other smell, the way perfume does. You can choose one with a fragrance you like; powder, floral, and citrus scents all work.

What about the itchiness that can accompany a dirty scalp—especially once you add sweat into the mix?
Topical anti-inflammatory treatments are the best way to go, but right now they're available only by prescription. Tea tree oil (found at health-food stores) is an anti-inflammatory that's not too drying, so it can be dabbed onto the scalp, too.

FINE STRAIGHT HAIR

MANE ISSUE: Normally, volumizers are a must for the fine-haired—but their tackiness can bite you in the butt when sweat crashes the party. These amplifiers are "reactivated with perspiration," says Saviano. Too much volumizing product also attracts dirt and makes it hard to brush through hair to touch up your blow-dry, he adds.

IN THE MORNING: Before blow-drying, apply a lightweight spray gel, which won't weigh hair down. Spritz onto the crown (not scalp), one inch down the hair shaft—where you really want volume anyway, says Saviano. Aim the spray at two-inch sections at a time so no single area becomes oversaturated, and blow-dry hair on low heat with a round brush until dry.

PRE-WORKOUT: Tight ponies and taut elastics can create demarcation lines that get sealed into fine hair by sweat. Much better: Pull hair into a loose bun and secure with a soft fabric hair tie, and add a cloth headband at the hairline to keep facial oils from migrating into your hair.

POST-EXERCISE: Let your body temp lower for 10 minutes before releasing the bun. "Heat sets the hair in place, and the heat from your scalp will have the same effect," says Saviano. "Keeping your hair up will help retain volume." Aim your blow-dryer at your scalp until the roots are dry. Let your hair down, spray dry shampoo onto your palms, and massage it into the hairline. "This way, you'll get a light layer of powder on your scalp so hair won't flatten," says Saviano. Blow-dry your scalp for a few seconds to disperse the powder.

NEXT-DAY TIP: Reach for rollers. "They add instant body," says Saviano. "Grab a one- to two-inch section of hair at the crown—the area that will look limp fastest—and roll in the direction you want hair to fall. Repeat on two or three more sections. Blast your dryer onto rollers for a few seconds, and let cool before taking them out.

SURVIVAL KIT



Spray gel: Nexxus New York Salon Care Diametress Lavish Body Gel Spray, $12, drugstore.com **Fabric hair tie:** Sephora Collection In The Nude Hair Ties, $9 for set of eight, sephora.com **Cloth headband:** Scunci Effortless Beauty cotton headbands, $7.29 for five, walgreens.com **Dry shampoo:** L'Oréal Paris Advanced Hairstyle Blow Dry It Dry Shampoo, $5, at drugstores **Rollers:** Jilbere by Conair Professional Classic Style Self-Grip Velcro Rollers, $4, sallybeauty.com

AFRICAN AMERICAN RELAXED HAIR



MANE ISSUE: "There are two big things that often keep African American women out of the gym: They either don't want to sweat out their costly hairstyles, or they feel that exercise dries out their hair," says Alexandria Williams, cofounder of SportyAfros.com, a site that offers practical hair-care solutions for active women of color. Their concern is legit: African American hair is typically coarse and prone to brittleness; add in chemical relaxing treatments, the sodium in sweat, and excess shampooing, and you have the perfect storm for breakage. Your plan? Avoid frequent washes and add tons of moisture.

IN THE MORNING: Once a week, use a deep-conditioning mask in the shower to get strands flexible and hydrated. "By keeping hair moist on a regular basis, you won't need much extra prep for workouts," says Stephen. Before blow-drying, apply a leave-in smoothing cream from roots to ends.

PRE-WORKOUT: Spray a dry shampoo directly onto your scalp to absorb sweat and oils, suggests hairstylist Edris Nichols, owner of the NYC salon Edris. Brush hair back from your forehead and up from the nape, and pull into a ponytail at the top back of your crown, secured with a covered elastic band. Lift the tail and loosely roll hair sideways into itself until it forms a chignon; pin in place. To further avoid sweat buildup, place a two- to three-inch-wide cotton headband around the hairline.

POST-EXERCISE: "A clean scalp is the key to minimizing how often you have to wash," says Nichols. So immediately after exercising, soak up scalp oil by dabbing on a cotton ball with a few drops of alcohol-free witch hazel. To smooth out the hairline, blow-dry using a small round brush, concentrating on stretching from the roots outward. Apply a few drops of a shine-enhancing conditioning oil all over, avoiding your roots.

NEXT-DAY TIP: "Try not to use any heat, to give hair a break and minimize damage," says Penna. For polish without too much styling, Nichols swears by the low side braid.

SURVIVAL KIT



Deep conditioning mask: Motions Natural Textures Hydrate My Curls Pudding, $7, at Walgreens **Leave-in cream:** Pantene Pro-V Truly Relaxed Oil Creme Moisturizer, $8, at drugstores **Dry shampoo:** Toni&Guy Hair Meet Wardrobe Cleanse Dry Shampoo, $15, target.com **Cotton headband:** Lacoste Tennis Headband $12, lacoste.com **Conditioning oil:** Carol's Daughter Black Vanilla Moisture & Shine Pure Hair Oil, $10, target.com

STYLING: GABRIELLE PORCARO, HAIR: JEANIE SYFU USING TRESEMMÉ/ATELIER MANAGEMENT. MAKEUP: STEFANIE WILLMANN FOR CHANEL BEAUTÉ/SEE MANAGEMENT. MANICURES: ROSEANN SINGLETON FOR DIOR VERNIS/ART DEPARTMENT. OPENING SPREAD, LEFT: LATS BRAND TOP; RIGHT: POL DRESS. PREVIOUS SPREAD: ETIENNE DEROEUX TOP. ADIDAS BLACK SWEATBAND, PUMA RED SWEATBAND. THIS PAGE: JONATHAN SIMKHAI JACKET. MITCH MANDEL AND MATT RAINEY/RODALE IMAGES (ALL STILLS); COURTESY OF GABBY ETROG COHEN (ALL HEADSHOTS)

Renew, Reuse, Re-cycle

Indoor cycling is one seriously drippy workout, so we were impressed that SoulCycle NYC studio manager Chrissie Hooper—who leads classes six days a week—can go a week between washes! Take inspiration from her photo diary of chic, unshampooed locks.



Day 1

"I keep my workout light so I can wear my hair down, though I may pin up the sides for a little more volume since my hair is fine."

Day 2

"A loose bun gets my hair off of my neck, and I leave my sweat-drenched mane up until it's totally dry—much later in the day."





Day 3

"The sweat from yesterday's class gave my hair texture and lots of body, so I can wear it loose again—with the help of a little dry shampoo."

Day 4

"Time for a braided ponytail. A thin elastic band keeps the finer strands around my hairline flat and smooth."





Day 5

"A high bun again, but this time it's tight to hold flyaways at bay. This look takes me from cycling to happy hour."

Day 6

"Dirty hair is easier to style, which means I can mold it into just about any 'do, and I love the fishtail braid. Funky and functional."





Day 7

"Enter the high ponytail with a bandanna tied at the roots to hide the greasies. At the end of the day, let there be shampoo!"

THICK BLOWN-OUT HAIR

MANE ISSUE: Beyond the time (and biceps workout) it takes to tame thick, coarse hair, there's another reason for keeping washes and blowouts to a minimum: High heat can make this hair type particularly parched and bland, with a sea of split ends.

IN THE MORNING: Before blow-drying, prep wet hair with smoothing cream to hold the shape and eliminate frizz, advises hairstylist George Papanikolas of New York City's Rita Hazan Salon. Once hair is dry, don't use hair spray. "It makes it impossible to get the brush through, so you'll break hairs while trying to blow-dry after your workout, and hair will look dull and sticky," says Saviano.

PRE-WORKOUT: A silicone-grip band won't slide off all that hair. Place it directly on your hairline to absorb sweat, says Papanikolas. Gather hair loosely into a ponytail at the very top of your head, then twist so it coils down into a bun; keep it loose to allow sweat to evaporate (bundling the hairs too tightly can leave it drenched). Secure with a fabric band, like a scrunchie, to prevent ridges. (Surprising truth: There are some pretty chic scrunchies these days—they've even appeared on a few fashion runways!) Finally, bobby-pin any stray wisps off your face.

POST-EXERCISE: Remove that drenched sweatband and replace it with a fresh, dry one to absorb any excess perspiration and thwart potential flyaways, says Papanikolas. Keep it there while you shower and dress, then remove and blow-dry just the hairline with a boar- and synthetic-bristle paddle brush. Let hair down, and run the brush from roots to ends. "Never use metal bristles around the hairline," says Saviano. "They heat up too much, and may cause the thin hair there to burn and snap off, which can cause even more frizz."

NEXT-DAY TIP: Avoiding the roots, smooth a few drops of serum onto hair, and brush from scalp to ends to enhance shine. If you need extra straightening, apply heat while brushing.

SURVIVAL KIT



Smoothing cream: Matrix Total Results Iron Tamer Smoothing Lotion, $16, matrix.com **Silicone-grip headbands:** Under Armour Perfect Headband, $15, and Eliptic Headband, $11, ua.com **Scrunchie:** Scunci Bow Tie Scrunchie, $4, at drugstores **Paddle brush:** Bumble and Bumble The Flat Brush, $95, bumbleandbumble.com **Serum:** Tresemmé Keratin Infusing Smoothing Serum, $5, at drugstores

DYE HARD

With all types and textures, coloring adds a whole other layer of drama, since water and shampoo can literally wash that dye (and your dollars) right out of your hair. How? Cleansing opens up your cuticle, letting the pigment seep out. Three ways to keep things bright and shiny:

Wash as little as possible. "Fine hair textures should aim for every other day, but coarser, dry textures can try twice a week or even less to keep color fresh," says colorist Jess Dunaway.

Use a sulfate-free shampoo. Pass on the heavy detergents—and the suds—which can strip away color and moisture. Try OGX Quenched Sea Mineral Moisture Shampoo, $8, ulta.com.

Seal your cuticle. After shampooing, apply a conditioner designed for color-treated hair to prevent fading. If your sweat sessions are outdoors, a formula with UV filters can help keep the sun from zapping out color. Try Redken Color Extend Conditioner, $16, at salons. ■

now *this* is what we call healthy competition

BY
K. ALEISHA FETTERS



Shark Tank. Top Chef. Dancing with the Stars. **There's a reason the masses are obsessed with reality competitions: We all want to believe that, with the right incentive, we could do *anything*. That intrepid spirit also applies to working out. "Fitness challenges make us step it up," says Cindra Kamphoff, Ph.D., director of the Center for Sport and Performance Psychology at Minnesota State University in Mankato. "They lock in our focus, raise our energy, and heighten our intensity."**

Plus, competition can be friggin' fun—especially if you've been phoning it in at the gym. Why? Your mindset shifts to performance-based goals, not just losing lbs or toning body parts. (Those goodies are the windfall.) Isn't it liberating to think that what's coming between you and great abs isn't another set of crunches, but a kayak expedition? "Competitions allow you to celebrate benchmarks," says Philip M. Wilson, Ph.D., an associate professor of psychology at Brock University in Ontario. The man's got a point. When's the last time you "celebrated" after a 45-minute slog on the elliptical?

No matter your fitness level, there's a race out there for you. And we don't mean only marathons or whatever-K's. We're talking empowering competitions that will have you paddling across lakes and hiking into awe-inspiring terrain. Pencil one in to your 2015 schedule and you'll score a lot more than a finisher medal.

Let's do this!

Ragnar Relay (ragnarrelay.com) has 15 road relays nationwide; also check out the smaller Market to Market Relay (m2mrelay.com) and Hood to Coast/Portland to Coast Relays (hoodtocoast.com) series, as well as New Balance Reach the Beach Relay (rtbrelay.com). And did ya know? Many U.S. marathons can be run as relays.

Even if a marathon isn't on your bucket list, there's a fitness challenge with your name written all over it. Meet the next-gen races that will resculpt your bod, change your perspective on what it means to be in shape—and motivate you like never before.

1 running relays

Make reaching the finish line a team effort.

There are people who *love* running. They get giddy signing up for a half-marathon. They track their speed with fancy watches and love sharing their times on social media. But you don't have to be one of those people to take on a road race. "Running relays are great for people who want a team experience," says Katie Seely, senior race director for Ragnar Relay, the largest series of its kind. Such events gather a group of friends who load up in vans and trade off running legs during a daylong race that can cover more than 200 miles. The atmosphere is a mix of fun camaraderie (costumes! late-night hangouts at pit stops!); healthy trash talk (teams often tally their "kills"—the number of people they passed throughout the race—on the side of their vans with paint markers); and, oh yeah, a real workout. While the size of the team and total distance traveled varies per race, participants typically run at least three legs, usually ranging from three to eight miles each, but sometimes as long as 13. (Short on running buddies? Most series have forums to help you join an existing team, and FYI: Teams in need often leave comments on the race's Facebook page.)

ILLUSTRATIONS BY AMANDA LANZONE



RACE-DAY ESSENTIALS

Thought pushing through mile 12 was tough? Wait until you realize there's no toilet paper back in the van. Don't forget to pack this stuff.

clothes

Bring three full outfits (plus underwear!)—one for each of your turns—and flip-flops so you can air out your toes during breaks. You might need a jacket or gloves for cooler night runs.

plastic bags

Store your sweaty threads here, and keep a dryer sheet in each bag to de-funkify them.

massage tool

A foam roller helps increase circulation and range of motion before and after runs. Pack a travel-friendly one like TriggerPoint GRID Mini foam roller ($25, tptherapy.com). A tennis ball can also work.

running belt

Make sure you have something to carry essentials like water, an extra layer, and tissues. Try FuelBelt Helium H20 ($50, fuelbelt.com).

toiletries

Think deodorant, face and body wipes, a toothbrush, and—as we said—TP.

night gear

Most races require anyone starting a leg after sundown to wear a reflective vest, a headlamp, and a blinking LED taillight. (Bring extra batteries, too.)

open-water races

Outta the pool and into the high seas! (Or maybe just a lake...)



How many people can say they rowed their way around Manhattan or backstroked under the Golden Gate Bridge? Therein lies the appeal of paddling, kayaking, or swimming across open water.

That wow factor might also be one of the reasons for a rise in H_2O-based competitions: The number of open-water swims in the U.S. has more than tripled since 2005; 32 percent of participants that year were female, compared with 46 percent in 2014.

Water sports aren't only an effective, low-impact workout but also an exhilarating way to see a new city. The Punta Mita Beach Festival at The St. Regis Punta Mita Resort on Mexico's Pacific coast, for instance, includes four days of surfing and paddleboarding, plus prerace lessons from pro athletes. And the Queen Lili'uokalani Canoe Races span Hawaii's famous Kona coast. Tip: Many are summer events, so now's the perfect time to start training.

ARE YOU #WHSTRONG?

Tweet or Instagram a photo of yourself rocking a *WH*-inspired workout with #WHStrong. You may see yourself in the magazine!



MAKE WAVES

Navigate the water confidently with this pro advice.

Paddleboarding

In a tailwind, stand up and turn your paddle so the blade is perpendicular to your board. You'll catch the breeze like a sail.

Swimming

To minimize resistance, keep your head facing downward (except when you're taking a breath!) so that your neck and spine form a straight line.

Kayaking/Canoeing

While on land, find a landmark or other fixed point that lines up with where you're heading. As you move through the water, focus on that point (called "sighting") to continue in the right direction (and not drift off course in a side current).



Let's do this!

Check out OpenWaterSwimmingRaceCalendar.com, SUPRacer.com, and CanoeKayak.com to find the right open-water competition for you.

3 strength competitions

Trust us, they're not just a guy thing.

Thanks in part to CrossFit, weight-room contests are way in vogue: Many local gyms now hold boot camp–style events for their members, while kettlebell sport, weight-lifting, and power-lifting competitions are becoming super popular among women. In fact, we currently constitute 37 percent of USA Powerlifting's membership—up from 27 percent just four years ago.

"Women are realizing they can not only do strength work, but do it well," says trainer Tony Gentilcore. "I've seen so many women who used to think they belonged on the treadmill but now have gained so much confidence from these competitions." Power lifting is uniquely suited to strength-loving women because it tests skills in the squat, bench press, and deadlift—exercises you may already be



3 strength competitions (continued)

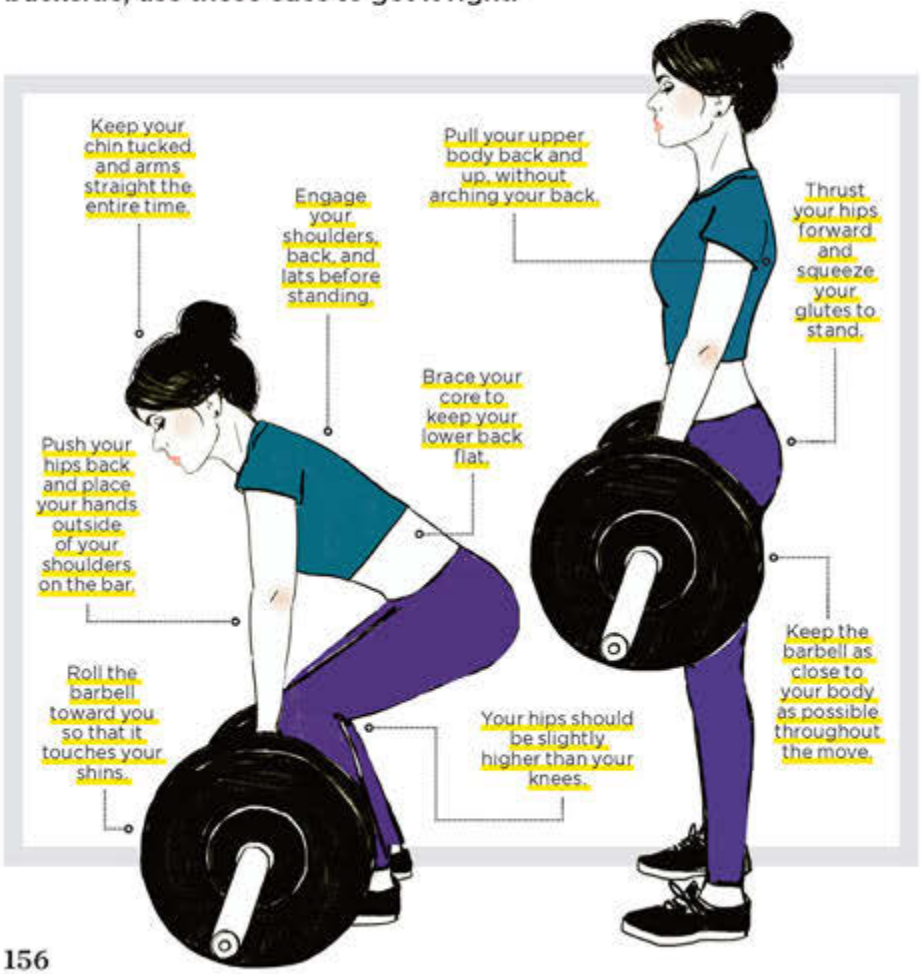
doing (as opposed to, say, Olympic-style weight lifting, which tests more advanced moves like the barbell snatch).

Power-lifting events are also designed so that you compete only against women in your own age and weight class—you won't feel like you're trying to out-muscle the Hulk. Plus, you pick your weight amount, and during each attempt, you just work to lift more than you did on the last try. "You are only striving to beat your own best numbers," says personal trainer Jen Sinkler, author of *Lift Weights Faster*. "There are no gray areas in strength competitions, only can or can't (yet)."

Let's do this!
Check out USAPowerlifting.com or TeamUSA.org/USA-Weightlifting to find competitions near you. Consider attending one as a spectator before going out on the mat; that way you're already familiar with the game-day feel and protocol.

MASTER THIS MOVE

The deadlift is crucial to power-lifting success—but it's also tough to bang out correctly (and safely). Whether you're angling to compete or just want to tone your hamstrings, glutes, and backside, use these cues to get it right.





"TRI" HARDER

Here's how to push yourself during an indoor triathlon.

Don't Fear the Burn

Going harder on race day may put you beyond your everyday pace. Discomfort can be a natural (even beneficial) part of pushing your body, while pain is a sign that something's wrong. As long as the sensation you're feeling is generalized, not sharp, and in your muscles rather than joints, you're likely just fine. The key is not to dwell on the discomfort.

Cheer Yourself On

Crowds are a huge energy boost at traditional tris. Indoors, be your own pep squad. Strong and productive thoughts are essential, says Kamphoff. But how you phrase them matters: One study found that people perform better when they encourage themselves in the second person ("You're so fast!") rather than the first person ("I'm so fast!").

Beat Yesterday's You

True progress doesn't (necessarily) mean winning. Make each race a success by setting a goal to improve in some way, says Joy R. Miles, endurance coach with Fitness Formula Clubs Training Club. Aim to shave a few seconds off your time or go farther than you did during your last bike ride.



4 indoor triathlons

Multitask your way to a hotter bod—in as little as an hour.

If the swim-bike-run variety of an outdoor triathlon appeals to you, but the time and training commitments involved sure as hell do not, an indoor tri might be your sweet spot. These three-parters usually boil down to 10 minutes in the pool, 30 minutes on the bike, and 20 minutes on the treadmill. Whoever covers the most mileage during each portion "wins," but since you can go as fast or slow as you want without visibly being in last place, the races are friendly to all fitness levels. The overall vibe is pretty flex: You get five to 10 minutes to move from event to event, and you can often compete next to friends. Another reason they're dope: Entry fees are typically $50 or less (versus several hundred for an outdoor tri), plus you don't have to buy pricey gear like a bike or wet suit. Not a fan of all the categories? Try an indoor duathlon (run, bike, run), aquabike (swim, bike), or aquathlon (swim, run). Something for everyone.

Let's do this!

The Life Time Indoor Triathlon (indoortri.com) is the nation's largest indoor series, with multiple competitions held at more than 80 locations per year. If there's not one near you, run a search on TriFind.com for "indoor triathlons," ask if your gym hosts any, or contact your local tri club to get the scoop.



WINNING STREAKS

No travel expenses. No race fees. No excuses.

Think you'll never do "real" pushups? Or run a sub-10-minute mile? Get back to us after you've tried a workout streak. That's what experts call committing to a set exercise every day for a week, a month, or more. So you could vow to run a mile a day from now till Memorial Day. Or you could devote your weeks to doing more pushups. The effort may not sound like much, but it has a big payoff. "Consistency is the name of the game when you're looking to get better at anything," says personal trainer Jen Sinkler. "It leads to progress, and progress is motivating." While you can "streak" virtually any exercise, it works best when it's realistic; workout streaks are about rewarding small, consistent efforts, not overtraining your body or overloading your schedule. Need a little extra encouragement and accountability? Enlist friends to join you—or share it via social media. Trust us, you'll be far less inclined to miss a day.

5 adventure races

Be prepared for mud, monkey bars, and plenty of other surprises.

For those who crave something other than gyms and pavement, look no further than the growing breed of off-road competitions. You've probably seen a few friends post Facebook shots from a mud run, off-road triathlon, obstacle course, or other adventure race recently—more than 2 million Americans now compete in them each year, according to the Outdoor Industry Association. "These runs are more about the process of making it through the course than finishing a set amount of miles," says Rich Harshbarger, CEO of the national nonprofit



Let's do this!
Mudand Adventure .com has interactive maps and calendars for local mud and obstacle races. Find a complete list of expedition races at USARA.com.

organization Running USA. Many also feature physical tests, from scaling monkey bars to mountain biking, for a true total-body challenge.

Want to get even further off the beaten path? Expedition races have no set trail. In teams or solo, competitors complete two or more disciplines—such as cross-country running, mountain biking, or rock climbing—while using maps to find their way to set checkpoints. While some expedition events can take 10 days or longer (no, not a typo), others can be done in just a few hours. ■

GET IN THE GAME!

Test your fitness and take on Mother Nature in one of these super-fun outdoor competitions.



1 Down & Dirty ObstacleRace

Presented by Subaru, this three- and six-mile off-road race has lots of mud and more than 20 military-style obstacles throughout. *downanddirty obstaclerace.com*



2 The North Face Endurance Challenge

Tackle rugged terrain no matter how far you're prepared to go—from a 5- or 10-K all the way up to 50 miles of wilderness. *thenorthface.com*



3 *Men's Health* Urbanathlon

These coed contests, from three to 12 miles in length, feature city hurdles you won't find in any other outdoor event (like buses and stadium stairs). *menshealth urbanathlon.com*

4 Revolution3 Adventure Race

Push the limits of your endurance with these races, the lengths of which are determined by the land's geography and your navigational (and sports) skills. Choose from a combo of biking, canoeing, or stand-up paddleboarding, and trekking or running. *rev3adventure.com*

OPENING SPREAD: CHRISTIAN WITKIN/GALLERY STOCK. SECOND SPREAD: CHARLA THOMPSON (CANOES); JORG BADURA (BODIES IN WATER); ALI ENGIN/GALLERY STOCK (LIFTING). THIRD SPREAD: TRUNK ARCHIVE (BIKE). THIS SPREAD, CLOCKWISE FROM LEFT: ROB HAMMER; TIM CLAYTON/CORBIS; CHARLES UIBEL; HENNING ANGERER/PIXATHLON/SIPA/NEWSCOM

slippery slope *

What if you could choose the sex of your future child?

messing with the gene pool *

relatively harmless *

Maybe even pick out his or her eye color? Or height? Or intelligence? Would you?

* not sure

* playing God

What if you could guarantee your kid wouldn't carry your family's risk for heart disease or breast cancer?

* YES!

Ask yourself these questions now, because a boundary-pushing new world of

fertility science

has arrived.

* Actual comments posted on online fertility news stories

***WH* INVESTIGATES WHAT IT MIGHT SOON BE LIKE TO NEVER HAVE TO ROLL THE BABY-MAKING DICE.**



BY **gretchen voss**

PHOTOGRAPHS BY
mitchell feinberg

A microdeletion, they called it.

Just a tiny bit of missing DNA caused Laura Rogan's five-month pregnancy to end in heartbreak in July 2011.



Her baby, a boy, died in utero. After she delivered him, Laura saw that he had no arms, his little hands growing straight out of his shoulders—a sign of TAR syndrome, an often fatal blood-clotting deficiency. She and her husband held their son, named him, and placed his ashes in their bedroom.

"It took me two years just to get over the grief point," says Laura, now 32. Testing revealed that, though she's never had TAR symptoms, she does carry the microdeletion that spurs it on. Meaning: She could very well pass that to another baby. *No way*, the couple thought. *Never again*.

Laura came to terms with what she considered their only option: They'd use a donor egg. But at a fertility clinic in Philadelphia, she was stunned when the doctor told her she could have a healthy baby using her own eggs, thanks to a cutting-edge procedure called preimplantation genetic diagnosis (PGD).

The process, in tandem with in vitro fertilization (IVF), lets doctors scrutinize embryos (i.e., fertilized eggs), then use only those that don't carry specific genetic glitches. Laura's M.D. told her they could work exclusively with TAR-free embryos, making certain her future kids—and *their* future offspring—would be safe from the syndrome.

It might seem like straight-up sci-fi, but in 2012 alone, PGD was used more than 8,000 times, or in 5 percent of all U.S. IVF cycles. Since then, it has soared in popularity—about 75 percent of domestic fertility clinics now offer PGD—and thanks to near-daily testing breakthroughs it might soon become a mainstay in the effort to build better babies.

That last phrase sound a little disquieting? Truth is, PGD raises as many questions as it answers. The same Mother Nature–trumping technology that can scan for, then banish, genetic diseases has the potential to do other things, too. Things like allow parents to purchase a child's gender, appearance, or IQ.

Welcome to the totally *Gattaca*, undoubtedly controversial, completely unregulated frontier of reproductive science.

BEYOND THE TEST TUBE

Typically, you and your mate would knock boots to make a baby that is a random mashup of your DNA and his. If your doctor advises testing for, say, cystic fibrosis, your fetus can be screened in utero at nine to 20 weeks. A positive result could mean an agonizing decision. But because PGD takes place *before* a pregnancy, it strips away that ordeal, and, by the way, most of the romance of conception. It takes place between doctors' offices, operating rooms, and labs, and it requires steel nerves and lots of planning and time (oh, and a deep wallet; see "Money for Baby," page 165).

It also works—with nearly 98 percent accuracy. Here's how: Scientists have pinpointed the genetic typos behind nearly 800 inherited disorders, including TAR syndrome and others such as Tay-Sachs and Huntington's disease. Any of these can now be detected with PGD, in which doctors first retrieve eggs via IVF, fertilize them with sperm in a petri dish, and



Some labs are racing to find ways to screen embryos for cancers, or for heart or mental diseases. Others search for how to preselect a child's looks.



then suck out embryonic cells using a needle about 1/25th the size of a human hair. They run those cells through a custom-made probe (think of it like a spell-checker), combing through a series of targeted genomic letters.

"You're looking at the smallest unit of life, for the smallest unit of inheritance, for the smallest part of a gene," says Mark Hughes, M.D., Ph.D., the founder of Genesis Genetics. "This is the limit of what's biologically possible." (Like we said, mind-blowing, if not exactly sexy.)

During most IVF-PGD cycles, multiple embryos are scanned; patients typically opt to use or freeze only those that don't carry the tested-for problem DNA. The rest are destroyed or donated for research. And that's where the hard-core science ends and even more ethical quandaries begin.

MEDICAL MIRACLES?

Deena Kobell was 29 when she was diagnosed with breast cancer. It was 2001, and she went on to watch her mother and aunt die of ovarian cancer. A genetic test revealed she carried the BRCA1 gene mutation that skyrockets a woman's lifetime risk for both these cancers. Deena knew any potential children she might have would have a 50-50 chance of being BRCA1-positive. Like Laura Rogan, she thought, *No way*.

When it came time for kids, Deena chose PGD; today, her daughter, Eve, is BRCA1-free. "I was absolutely sure that I wanted to screen out embryos that carry the gene," she says.

It's the fate of unused and discarded—and potentially otherwise healthy—embryos that's ignited a thorny debate. "Mutations such as BRCA1 and related 'cancer' genes like BRCA2 and p53 impose a susceptibility, not a guarantee, of getting sick," says Elizabeth Ginsberg, M.D., of Brigham and Women's Hospital Center for Infertility and Reproductive Surgery in Boston. Some affected people can live long lives. (Just think: The embryo that became Angelina Jolie could have been discarded, had her parents done PGD.) Who's to say what amount of risk warrants throwing out an embryo?

No one. Not really. According to the American Society for Reproductive Medicine (ASRM), using PGD to avoid sure-to-be-crippling diseases is broadly accepted by the larger medical community. Otherwise, there are no hard-and-fast rules—or government regulations—on who can scan for what.



High(er) Tech

Three other breakthroughs poised to shake up the fertility game

1

PREIMPLANTATION GENETIC SCREENING (PGS)
It works just like PGD but looks for chromosomal glitches that lead to miscarriages or children born with disorders such as Down syndrome. Expect to pay around $5,000.

2

MITOCHONDRIAL MANIPULATION
The FDA is reconsidering this controversial "three-parent baby" technique, in which a man's sperm, along with combined egg parts from two separate women, are used to create one viable embryo.

3

VITRIFICATION
In this method of egg and embryo freezing (up to $12,000, often out of pocket), ova are "flash frozen" at temps below -170°F. Research shows that, when thawed, they can work just as well as "fresh" eggs, giving hope to women who need or want to delay having kids.

TAILORED TOTS

So far, almost no one is using PGD for medical fishing expeditions, says Hughes. Most patients are desperate not to pass on faulty DNA. Most, but not all. Some are proactively trying to create a certain type of kid.

That kid could be a lifesaver—literally. For "savior siblings," PGD detects embryos that have the power to cure a brother or sister who has an otherwise fatal disorder. Stem cells from the disease-free baby can heal the sibling. "Yes, there are ethical issues, but we also now have



healthy kids running around who once had a disease that was going to kill them," says Eric Widra, M.D., the medical director of Shady Grove Fertility in Washington, D.C.

Other types of kids might spare parents anguish. "I've had patients say, 'I have two boys with autism, and I know it's more common in boys, so I would like to have a girl,'" says Widra. Such requests are granted, or not, after review by his clinic's ethics committee.

Or that kid might just be... better-looking. Not every clinic has an ethics committee, and the lack of any laws blows the door open for people like Jeffrey Steinberg, M.D. His company, the Fertility Institutes, is already doing more gender-selection PGD than anyone else in the world. Next up: eye color. Likely coming soon: height. (Actually, Steinberg put eye color on his menu in 2009. But he took it off after a public outcry—and a phone call from the Vatican. Now it's back, he says, due to popular demand. His clinic in Mexico has already had 14 cases.)

"We are talking about true designer babies," says Steinberg. "And we're taking a lot of heat for it." But what's the difference, he argues, between controlling the way children are nurtured with, say, organic food and private preschool, and selecting desirable genetic traits?

"That's something society hasn't answered," says Thomas Murray, Ph.D., a bioethicist of the Hastings Center in Garrison, New York. "But PGD could end up haunting both child and parent. What if a parent spends to get a great athlete but an unathletic kid is born? It could be like, *That's not right, I paid for this and didn't get it*."

Speaking of spending, others worry over the price tags. "Half my patients can't afford IVF just to have a baby," says Widra. "Who would get to do the testing to give their kid a genius IQ? The 1 percent. I think society will have issues with that." To wit, the average cost of one IVF-PGD cycle is $17,200, and that doesn't include Rx drugs. And while 15 states insist insurers cover IVF for infertility, rarely does that include PGD, and never for nonmedical reasons.

Still, Steinberg believes that any kind of PGD will soon become as socially acceptable as IVF. (Back when he was running the third IVF program in the country, he says, someone left a note on his windshield: "IVF babies have no soul.") He plans to be at the forefront. He says he's currently sequencing the genomes of NBA players—some of whom are former clients of his, he says—to suss out what sprouts them so tall. "We're hoping to find the height gene, and why not? Who wouldn't go out of their way to offer their kid every possible advantage?"

PERSONAL ISSUES

Right now, in China, researchers are looking for the genes that control intelligence. Scientists in Iceland have already found ones that influence skin and hair color. And a lab in California might soon be able to analyze a thousand genetic traits at once, including athleticism.

Some things, however, will likely never be totally designer. "The idea of PGD for, say, perfect musical pitch ignores the reality," says Widra. If only 1 in 10,000 people can hit every note, it'd be near impossible to find a perfect-pitch gene in one average couple's embryos.

If it *were* possible, though, there's nothing to stop someone from trying. The field remains self-governed, and divided. ASRM, for example, says sex selection for social reasons is a parental decision; the Society for Assisted Reproductive Technologies disagrees. "Biotech has always pushed us into ethical corners," says Hughes. "We need to figure out guidelines, and soon."

Of course, when it comes to your own family, moral debates get personal. "Do I sleep better knowing Eve isn't at enormous risk for breast cancer?" asks Deena Kobell. "Yes. Yes, I do."

For her part, Laura Rogan did two IVF-PGD cycles that yielded three healthy embryos. She did pause before stepping into the world of malleable genetics. "It was a hard decision, but we don't care about our child's eye color," she says. "The only thing that matters is his or her health."

On August 29, Laura's doctor implanted her with a TAR-free embryo. She is now, once again, five months pregnant. ■

Money for Baby

Assisted-fertility prices vary widely from clinic to clinic. PGD, almost never covered by insurance, ranges from $2,000 to $7,500 per single gene test, and it must be done with IVF. Here's what Laura Rogan paid, out-of-pocket after insurance, to conceive her kid.

PRELIMINARY SCANS
(including blood tests, sperm analysis, and sonograms)
$926*

PRESCRIPTION FERTILITY DRUGS
$1,338*

PGD PROBE CREATION
$1,500

PGD TEST
$3,860

IVF CYCLES
(including embryo freezing)
$24,700

FROZEN EMBRYO ANNUAL STORAGE FEE
$480

TOTAL
$32,804

*Laura's health insurer, Cigna, paid $16,900 of her preliminary scans and prescription costs.



BRAVE

Gingham

Filmy chiffon and checks in two sizes are unexpectedly whimsical.

Diane von Furstenburg dress,$648, dvf.com; Lizzie Scheck Jewelry necklace; Dinosaur Designs bangles, from $55, dinosaurdesigns.com; Banana Republic sneakers, $98, bananarepublic.com



On-screen chameleon, unapologetic clotheshorse, all-around risk taker—Kate Mara refuses to be typecast. And so do our hot-right-now fashion trends. From girlie gingham and glam florals to structured safari and menswear stripes, these six outfits are as fun and striking as Kate herself.

By Kate Sullivan
Photographs by Ben Watts

NEW LOOKS



Stripes

Barely-there lines and a slouchy fit give a menswear-inspired top a dose of sex appeal.

Altuzarra bodysuit; Zoë Chicco earring, $175, zoechicco.com; Lizzie Scheck necklace; rings, from left: CC Skye, $118, glamboutique.com; Rocks N'Sugar

"Such a beautiful, grown-up business look. I love the gray-blue color."

“Because I’m so petite, I generally can’t wear a long bohemian dress. This one, I can pull off.”

Gutsy Girl

Kate Mara cuts a strong figure—all 5′2″ of her. *House of Cards* creator Beau Willimon has reportedly raved about her “fearlessness.” Designer Gilles Mendel—whose ensembles Kate has modeled on the red carpet time and time again—has said she’s a dream to dress because “she likes to dare.” That’s a recent development for the actress, 31, who says she “dressed to disappear” back in high school in Bedford, New York, where she graduated a year early. In fact, Kate admits, she’d routinely pull her long auburn hair back into a ponytail because she worried that wearing it down would be “too showy.”

How far she’s come. After dramatically chopping off her locks last year, she made *lob*—you know, long bob—a household word (and a buzzy one at salons, too—see “Want Kate’s Lob?” page 173, if you’re considering the cut). As for clothes, “I used to shop thinking, *Oh, that’s cute, this is cute,*” says Kate, who lives in Los Angeles. But about three years ago, she says, “I realized what you wear is an expression of who you are”—and that she was okay (comfortable, really) with fashion as a bold personal statement. “I started making a conscious effort to wear what makes me feel like *myself*.”



Boho
With a defined waist, abbreviated length, and saturated color, this is hippie-chic made modern.

Anna Sui dress, $519, 212-941-8406; Diane Cotton necklace, $220, thinkscarpa.com; Elisa Solomon bracelet

FASHION EDITOR: JACQUELINE AZRIA, HAIR AND MAKEUP: BRUCE WAYNE, MANICURE: ROSEANN SINGLETON FOR DIOR VERNIS/ART DEPARTMENT; PROP STYLING: LIZZIE LANG/APOSTROPHE



Big-Screen Badass

Ever since her character was unceremoniously shoved in front of a train in the season-two premiere of *Cards*, Kate's been seemingly MIA. Well, from here on out, prepare for a Mara-thon. First up: playing Sue Storm—a.k.a. the Invisible Woman—in the new *Fantastic Four* movie, set for summer release. Then comes the Ridley Scott–directed *The Martian* (alongside Matt Damon and Jessica Chastain) and the gritty indie *Man Down*, as the wife of an Afghanistan-war vet played by Shia LaBeouf. You know, the guy tabloids linked her with last fall after the pair (Shate? Khia?) was caught cuddling at Disneyland. The truth about those photos: LaMara was on the job, not canoodling. Charlie Shotwell, the young actor who plays their son in the movie, had been cropped out of most of them. So Disney was kind of a faux-family trip? "*Real* family bonding," Kate corrects. "Any days off, I spent with [Charlie]. I've never bonded with anyone so much."

In fact, Kate's a family woman at heart. "I joke about having only a few friends, but that's because my closest friends are family members," she says. "I'm one of four kids"—including, of course, sis and fellow actress Rooney. "I talked to one of my cousins at six o'clock this morning."

"The structure of the crop top and the high-waisted skirt show off the smallest part of your body."



Floral Prints

Not your grandma's twin set: This matchy-matchy outfit is retro-cool and, thanks to the dramatic cut, never old-fashioned.

Boden top, $118, and skirt, $138, bodenusa.com; Orly Genger by Jaclyn Mayer bracelet, $95, jaclynmayer.com; Hearts On Fire ring



Safari

Vary the proportion (long on top, short on bottom) and the hue (two takes on beige) for a look that's anything but costumey.

Burberry shirt, $325, burberry.com; REDValentino shorts, $295, redvalentino.com; Me & Ro bracelet; Citizen Watch, $225, citizenwatch.com; necklaces, from top: D.Jo Jewelry; George Frost, $180, lulufrost.com

"This is preppy for me, but I love it—it's classic and feminine."



White

It doesn't have to scream "vanilla." Texture and sheerness add playfulness.

Rachel Zoe dress, $365, at Bloomingdale's, 212-705-2000; Barbara Bui oxfords, $600, barbarabui.com; Phyne by Paige Novick studs; David Yurman bracelet

"White is my favorite color to wear, always. I don't care how pale you are."

For complete shopping information, see Where to Buy on page 174.

Happy & Healthy

The few non-Mara pals who make Kate's inner circle have big impact. Fellow actor Jenna Dewan Tatum—who, Kate notes, "has a hot little bod"—turned her on to nutritionist Kimberly Snyder's *The Beauty Detox Solution*, leading her to eliminate both gluten and animal products. "I'd been a vegetarian years before, for animal-rights reasons, but after [reading] Kimberly's book, it really clicked for me," she says.

Kate also loves working out with friends, but she hardly needs someone to drag her out of bed: She's a maniac about exercise. Before our 9 a.m. interview she'd already run six miles and afterward was headed to a Bar Method class. "It takes a lot to make me sweat," she says. "I can't just take a regular yoga class; it has to be hot yoga—kicking ass, that's more cardio, [at a studio] that's playing music," she says. "I have to work out at least five times a week for my mental state. If I didn't work out, I wouldn't be happy." (Doesn't hurt her abs either—just check out our cover.) To keep things interesting, she rotates running (to Robyn, Sia, and "I will admit to you, this morning I ran to the latest One Direction album"), Bar Method, yoga, and boxing with her trainer.

While she likes to mix up her fitness, career choices, and style, Kate swears that, otherwise, she prefers to live under the radar. "I don't do much," she says. "I go to the movies, walk my dogs, and work out. That, to me, is the best day ever." ■

Rockin' the Red Carpet

One reason Kate's become a designer darling? She's not the least bit afraid to get daring. She dished about some of her recent sartorial standouts.



"That dress was really heavy—but **for Valentino, I'm down.** I got to sit next to him, and I was geeking out for sure."
2014 Met Gala, in Valentino Couture

"The color isn't something I'd normally wear, but I loved this. **It's see-through with this cute little green [lacy] thing underneath."**
2012 UNICEF Snowflake Ball, in Jason Wu

"My favorite dress. The side was cut out, so there's a lot of tape happening!"
2013 Primetime Emmy Awards, in J. Mendel

"I was supporting my sister Rooney [a Best Actress nominee at the Academy Awards in 2012], so I didn't want to make a huge statement. **I just wanted to feel like me."**
84th Academy Awards, in Jack Guisso Couture

"I'm usually not a peplum person, but **yellow is a favorite of mine when I'm a redhead."**
2014 Summer Party presented by Coach and Friends of the High Line, in Sandro

Want Kate's Lob? Yay news: It works for all hair types, says hairstylist Mara Roszak, who gave Kate her cut. Tell your stylist to "keep it looking one-length," says Roszak. Blunt ends will make fine hair appear fuller; thicker locks can get (hidden) layers. "Wear it straight for some edge; wavy for a feminine touch." Viva la lob! —*Jill Percia*

FROM LEFT: LARRY BUSACCA/GETTY IMAGES; STEPHEN LOVEKIN/GETTY IMAGES; JASON MERRITT/GETTY IMAGES; JEFF KRAVITZ/FILMMAGIC; GARY GERSHOFF/WIREIMAGE

WHERE TO BUY

On the Cover

Calvin Klein Underwear ($22), macys.com
CC Skye cuff ($168), amazon.com
Nightwalker Apocalypto crop top ($65), nastygal.com
Toggery terry gym short ($56), toggerybrand.com
VPL Insertion W bra ($95), vplnyc.com
Rings, from left: **Phyne by Paige Novick** Three bar kiss ring ($2,400), 212.252.1441; **Luna Skye by Samantha Conn** Saturn ring ($985) and pinky ring ($600), lskyejewelry.com

Inside Cover

Elisa Solomon Jewelry Shark-tooth stud earrings ($200), elisasolomon.com
Lisa Marie Fernandez Farrah Maillot in red neoprene ($395), lisamariefernandez.com
Arm jewelry, from left: **House of Harlow** 1960 Trapezio cuff ($78), bloomingdales.com; **House of Harlow** 1960 Shakti ring stack ($68), glamboutique.com; **Elisa Solomon Jewelry** Gold daisy ring ($1,980), elisasolomon.com; **David Yurman** ID bracelet ($795), davidyurman.com; **Tissot** T-Race touch watch ($575), 866-462-0050

Scarf It Up!
PAGES 45–46

Splendid jumpsuit ($198), splendid.com

Really Rad Workout Clothes
PAGES 48 TO 50

Adidas Outdoor Duramo Cross Trail sneaker M29583 ($90), zappos.com
Bobble sport bottle ($12), waterbobble.com
Brooks PureFlow 4 sneaker ($110) and PureCadence 4 sneaker ($120), brooks running.com
Eddie Bauer Full Circuit i20 6031 sneaker ($100), eddiebauer.com
Fitbit Charge HR ($150), fitbit.com
Garmin Forerunner 15, GPS running watch with activity-tracking heart-rate monitor ($170), garmin.com
Happy Plugs rose-gold earbuds ($30), happyplugs.com
Lacoste classic gabardine croc cap ($40), lacoste.com
MZ Wallace Small cosmic metro tote ($195), mzwallace.com
Puma Pulse XT GEO sneaker ($70), dsw.com
Ray-Ban RB4210 sunglasses, ($220), sunglasshut.com
Reebok ZQuick Dash ($90), reebok.com
Reebok DI-R block party watch ($60), macys.com
Ryka Ultimate running sneaker ($60), ryka.com
Saucony Ride 7 neutral running shoe ($120), saucony.com
Skechers Flex appeal floral bloom printed mesh sneaker ($72), skechers.com

15-Minute Workout: Sculpt a Better Butt
PAGE 74

Alo Yoga Reflection tank in red ($62), aloyoga.com
Lorna Jane Charli excel tank ($63), lornajane.com
New Balance Fresh foam 822 sneaker ($95), newbalance.com
Public Myth Catwalk crop legging sku:S260 ($72), publicmyth.com

Your Butt...or Your Blowout?
PAGES 146 TO 151

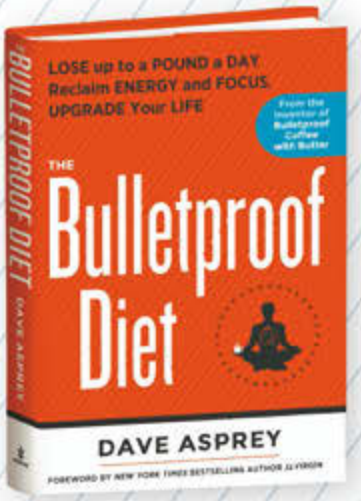
Adidas Interval reversible wristband ($7 for two-pack), adidas.com
Etienne Deroeux crop top ($198), therisingstatesnyc.com
Jonathan Simkhai Mesh sport bomber ($495), Bergdorf Goodman, 800-555-1855
LATS Brand Daphne top ($72), latsbrand.com
Pol Lace dress with silk lining ($399), polclothing.com.au
Puma Teamsport wristband ($8), puma.com for stores

Brave New Looks
PAGES 166 TO 173

Altuzarra Candide bodysuit ($1,250), Curve, 415-885-4200
Anna Suit Tropical Bouquet print dress ($519), 212-941-8406
Banana Republic slip-on sneakers ($98), bananarepublic.com
Barbara Bui white leather oxfords ($660), barbarabui.com
Boden Emilie pencil skirt ($138) and Emilie top ($118), bodenusa.com
Burberry Brit button-down shirt ($325), burberry.com
CC Skye Lock It ring ($118), glamboutique.com
Citizen Watch AT0200-05E ($225), citizenwatch.com
David Yurman Curb chain bracelet ($6,900), davidyurman.com
Diane Cotton matte agate tassel necklace ($220), thinkscarpa.com
Diane von Furstenberg Davina dress ($648), dvf.com
Dinosaur Designs bangles (from $55), dinosaurdesigns.com
D.Jo Jewelry Pistis collection/pistis 23 necklace ($400), djojewelry.com
Elisa Solomon Jewelry Ocean ombré bracelet ($1,400), elisasolomon.com
George Frost braided necklace ($180), lulufrost.com
Hearts On Fire Aerial teardrop double ring ($5,990), heartsonfire.com
Lizzie Scheck Jewelry Diamond arrow necklace ($1,700) and locket (price upon request), lizziescheck.com
Me&Ro Cluster bead bracelet ($1,455), meandrojewelry.com
Orly Genger by Jaclyn Mayer Edie bracelet ($95), jaclynmayer.com
Phyne by Paige Novick Cara studs ($1,600), saksfifthavenue.com
Rachel Zoe Ginger drop-waist dress ($365), Bloomingdale's, 212-705-2000
REDValentino Dune short ($295), redvalentino.com
Rocks N' Sugar Paris ring ($1,180), rocksnsugar.com
Zoë Chicco two spikes chain stud earrings ($175), zoechicco.com

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Try It If...



1. You prefer the **coziness of a home** and all the perks that it entails—a full kitchen, a washer/dryer, and a separate living room.



2. You're on a tight budget. Booking a **private room through Airbnb was 50 percent cheaper**, on average, than reserving a hotel room for two in a major city, according to Priceonomics .com research.



3. Staying in a **less touristy, more authentic** neighborhood appeals to you.

Play Things Safe



Nervous about stuff like—eww—**bedbugs** and the potential sketchiness of the area? It's smart to cross-check your rental on city and state websites. NYC's ShareBetter.org, for instance, lets users track building violations by typing in an address. Some of these sites share bedbug reports; you can also look the place up on bedbugregistry.com.

Have a Great Stay!

BEFORE YOU GO:



Talk to your hosts in advance about what they will and won't provide (sheets? snacks? all of the above?).



Read the reservation details closely for your check-in time and details like where to pick up your house keys.

WHEN YOU ARRIVE:



Consult the house manual that hosts provide, which explains how everything works—the TV remote, trash pickup, and so on.

Consider the Alternative

TWO TIMES A HOTEL OR A HOSTEL MIGHT BE A BETTER BET:



1. **You're flying solo.** Staying in a private residence can be a perk, but you might actually miss the company of fellow travelers.



2. **You're in a foreign country.** A staff that knows the city well, can help with local transportation, and speaks English? Very necessary.

When You're the Host

WANNA EARN SOME EXTRA CASH? FOLLOW THESE TIPS FROM SCOTT SHATFORD, AUTHOR OF *THE AIRBNB EXPERT'S PLAYBOOK: SECRETS TO MAKING SIX FIGURES AS A RENTALPRENEUR.*



1. **Trust your traveler.** Lock up valuable items, but no need to go nuts. Shatford's rented to more than 300 guests and had nothing stolen—not even a fork.



2. **Hire a professional cleaner.** A spotless pad lowers your odds of complaints or, worse, getting trashed with bad online reviews.



3. **Charge wisely.** Raise your prices during peak travel times throughout the year, like holidays or in summer. If there's a big music festival in town, say, you can up your nightly rate as much as fivefold, says Shatford.



4. **Research local tax and zoning laws.** Some Airbnb hosts are under fire for not paying hotel tax on their rentals. Google the laws in your city, and check out Peers .org for info about your financial responsibility.

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